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OFFICIAL BASKET-BALL GUIDE FOR WOMEN

1916-17

CONTAINING
THE

**REVISED
OFFICIAL
RULES**

Edited by
**Senda Berenson
Abbott**

FORMERLY DIRECTOR OF
PHYSICAL TRAINING
SMITH COLLEGE



Sub-section

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Spalding's
Official Basket Ball Guide
For Women

CONTAINING THE
OFFICIAL RULES

REVISED FOR
1916-17

EDITED BY
SENDA BERENSON ABBOTT

Recently of Smith College

AMERICAN SPORTS PUBLISHING COMPANY

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Editorial Comment

In order to get a more intelligent idea of the condition of basket ball in the East and Middle West, we have recently sent a *questionnaire* to twenty-five physical directors representing colleges, universities, Young Women's Christian Associations, high schools, and other public schools. We received nineteen letters in reply and take great pleasure in thanking those who sent them for their courtesy. It was interesting to note that although the *questionnaire* was sent without knowledge—in all but one or two cases—as to which basket ball rules were followed, the Women's Official Rules were found to be more or less strictly adhered to by every one who sent a reply, except in one university, where they considered any form of basket ball too strenuous to play! The letters were most helpful and every suggestion made was given full consideration. In a number of cases the changes proposed added weight to those already contemplated, so that they were adopted.

They were also most encouraging as showing that the Official Basket Ball Rules and the articles contained in the handbook are appreciated and valued by the large majority of people who play the game. Let me quote from a few of them.

The director of physical education in the public schools of one city says: "We have continued our basket ball according to women's rules with satisfaction. I would not for a moment return to boys' rules." The director of physical education in a university says: "I wish more teachers would use Spalding's Rules for Women. We have trouble every year training students who have played with men's rules." The director in another university writes: "I know of no place in the rules as published where the wording is not quite clear. We attempt to play always according to the spirit rather than the letter. I believe the articles which are printed in connection with the rules are especially helpful to the girls, and we feel very much indebted to the committee for the whole rule book." The direc-

Publishers' Notice

Spalding's Official Basket Ball Guide for Women is now an annual publication, containing the new rules, revised by a competent committee, with such changes as the previous season's experience warrants. The Rules Committee has made every effort to present these rules in as simple and as clear a manner as possible, so that a beginner, by careful studying, might almost play the game, technically, as well as it should be played. Women's basket ball—and men's, for that matter—should be a clean, healthy and wholesome game. While the rules are clear and explicit as to the conduct of the game, that fact will not stop roughness, trickery or deceit on the part of those who seek to take an undue advantage, and this is where the necessity of competent officials presents itself. The game should be played for the love of it, for the good fellowship it engenders, and the idea that the final score is all that counts should be eliminated. It is the duty of coaches to impress these facts upon those in their charge.

In order to give time for those interested to familiarize themselves with changes in the rules before the opening of the school season and, in addition, to enable directors of girls' camps—where basket ball is now an important part of athletic activities—to have the benefit of the latest rules, commencing with this issue the GUIDE will be published in the early summer of each year.

Although, as previously stated, every effort has been made to simplify the rules as much as possible, still points will arise that need explanation, and it will be the pleasure of the publishers to render any help to those desiring it.

The publishers will also be pleased to receive for next year's GUIDE suggestions from anyone connected with a girls' school, or reports showing how the game has improved and to what extent it has become a feature of physical training in women's educational institutions.

AMERICAN SPORTS PUBLISHING CO.,
21 Warren Street, New York.

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tor in an Eastern college writes: "It gives me much pleasure to say I have found your rules for basket ball clear and concise and thoroughly usable. I have no suggestions to offer other than that I feel very seriously the committee should make every effort to keep from *over* ruling the game. As the rules now stand I feel they are fairly complete."



CHANGES IN RULES.

The letters we receive from day to day suggesting changes are many. In a large number of these cases, however, we feel that the different ruling urged would benefit local teams only. We have weighed the changes in this year's rules with the greatest care, keeping in mind always that a rule to be worth while must meet all conditions. We shall not speak of the alterations in the wording or of some very minor changes we have made, but we should like to call attention to the important new rulings for this year.

We have taken out all reference to "championship games" because, although we feel that in isolated cases it may be necessary to play outside schools or teams, we very much wish to discourage anything that will make such competitions more strenuous.

Rule I, Sec. 5, and Note 1.

"If the field is divided by one field line, only centres may run from one field into the other, but they may not throw for goal from the field or foul line.

Note 1—"Nor may centres throw for goal when playing on a three-division field."

The Rules Committee is convinced that the above ruling makes for a better, cleaner game. If centres are allowed to toss for goal in the two-division field, they can virtually do all the playing—since of necessity they must go from one field into the other. The line rules were made in the beginning to eliminate just this sort of playing. It is physically bad for the centres, as it does away with the moments of rest that the strenuously worked heart needs. It also discourages team play, as an aggres-

sive player who has little sense of co-operation can thus practically do all the work.

In the three-division field, centres are not allowed to throw for goal even from the centre field, as it is not at all necessary for the good of the game and, there again, expert team work is discouraged by such playing. In good basket ball each player should have an equally important place on the team.

Rule VIII, Sec. 1, and Rule IX, Sec. 1.

In these rules we have changed one scorer to two and one timekeeper to two. The wording of the present rules will show that the change will make for cleaner action and give less opportunity for mistakes.

Rule XII, Sec. 5b.

This has given general dissatisfaction. We hope that the present ruling will be welcomed by all.

Rule XII, Sec. 25c.

"Three guarding fouls of the same kind or three line fouls shall warn and four shall disqualify a player."

This has been changed to, "Any three fouls of the same character shall warn and four shall disqualify a player."

This ruling has been made to discourage careless players, for it is only a heedless person who would break any one rule three or four times during a game.

Rule XII, Sec. 45.

This is the most important change we have made. We appreciate the fact that the most distinguishing element between the men's rules and ours is the use of division lines to prevent players from running all over the field, and the punishment of players who walk on or over these lines. It was originally necessary to make not only the line rule concise and clear, but the penalty of breaking it heavy, in order to compel even careless players to abide by it. We feel to-day just as strongly as we ever did the importance of this rule, but we believe that the penalty may now be somewhat lessened. The rule, therefore,

remains unchanged; but instead of awarding a free throw after a line foul, the referee gives the ball to the opposite side. The dissatisfaction with the old penalty was due to the fact that stopping for a free throw after every line foul, made the game too slow. The new ruling makes the game much quicker. At the same time, since any girl who makes four line fouls is disqualified, players ought to be just as careful as ever about making those fouls.

Several other changes were considered and discussed, but the Rules Committee were not unanimously in favor of adopting them; hence we have not done so, but they will be thoroughly tried in several places. If they prove helpful they will probably be adopted for the next season.



VALUABLE ARTICLES.

We are particularly pleased when we get commendations for the articles on basket ball contained in the handbook, for we are justly proud of them. We feel that they very clearly express the spirit we would have all basket ball officials develop and all players be guided by. The writers of these articles give us their time and co-operation in order to further the best interests of girls' athletics. We take pleasure in expressing our thanks and gratitude to each one of the generous contributors. In this issue of the GUIDE we have a particularly fine set of articles.

The "Technique of Basket Ball*" should prove most useful, as it gives in chart form a concise synopsis of the rules. Miss O'Keefe's article on coaching and organizing basket ball will be found invaluable to all players.

Miss Burchenal's article needs to be read and well digested by every physical educator of young women. She emphasizes the fact that men and women should never approach athletics from the same point of view. We should have much finer women if all teachers recognized this one fundamental truth.

We are reprinting from a former issue a most valuable article by the eminent physiologist, Dr. Theodore Hough, who estab-

*It would be well to paste this on cardboard to hang on the wall.

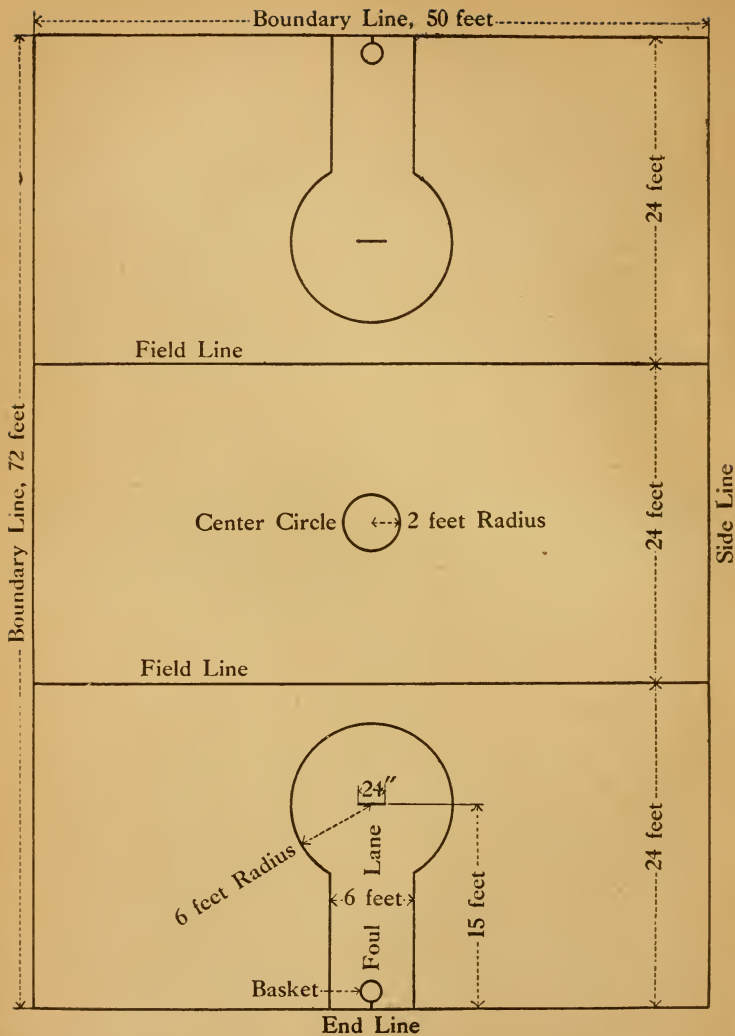


DIAGRAM OF FIELD OF PLAY WITH TWO DIVISION LINES.

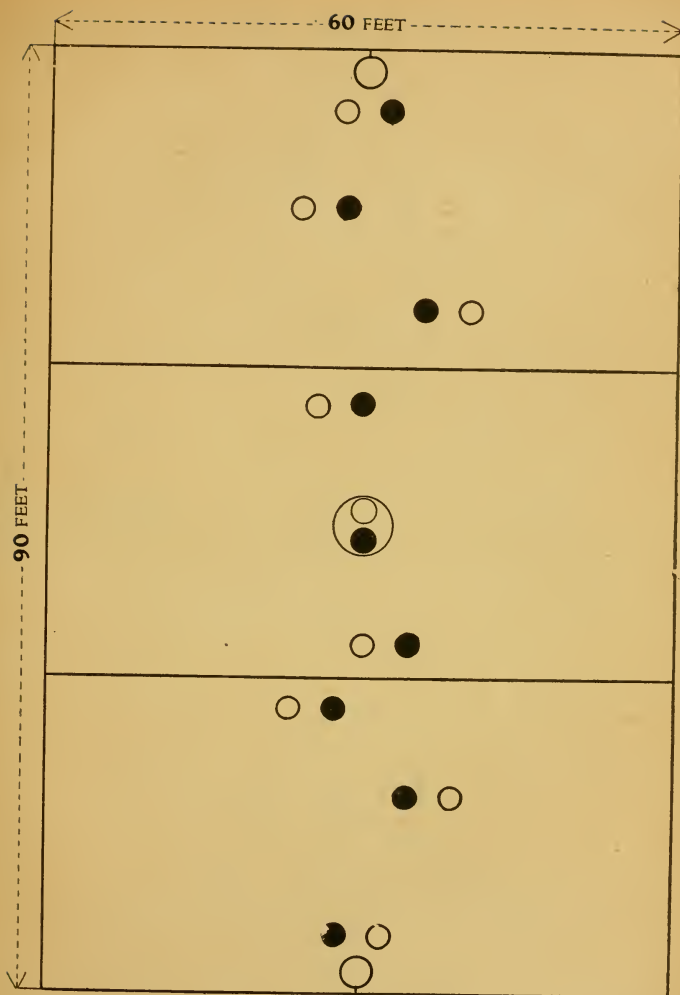


DIAGRAM OF FIELD WITH TWO DIVISION LINES, SHOWING POSSIBLE POSITIONS OF NINE ON TEAM.

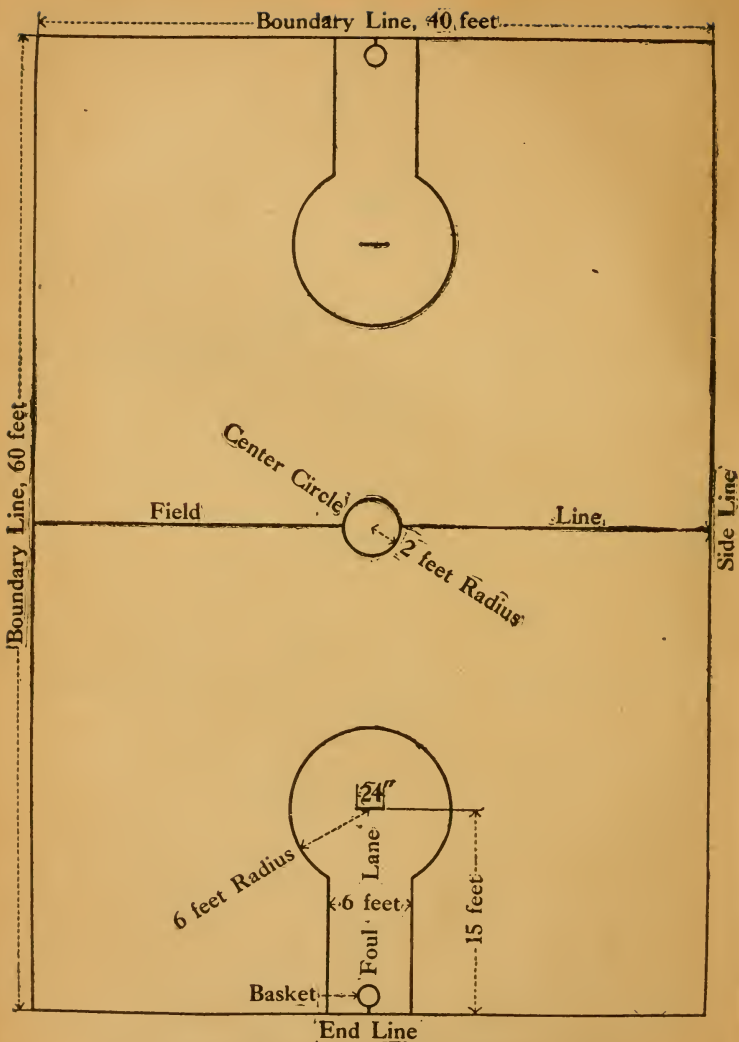


DIAGRAM OF FIELD OF PLAY WITH ONE FIELD LINE.

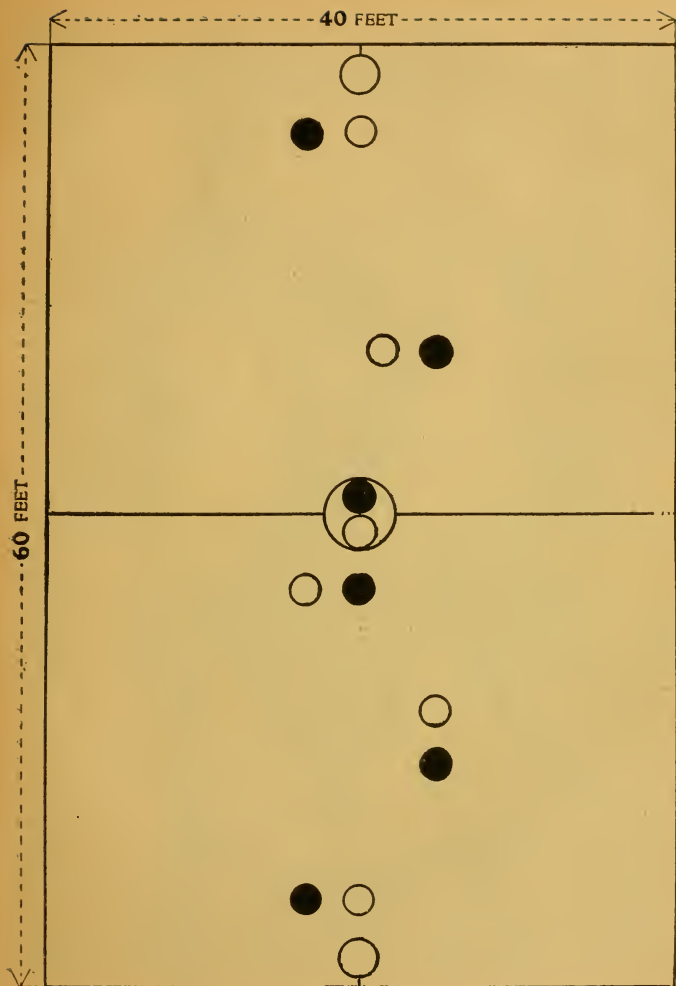


DIAGRAM OF FIELD WITH ONE FIELD LINE, SHOWING POSSIBLE POSITIONS OF SIX ON TEAM.



PLATE I—STARTING BALL IN CENTRE.

Women's Official Basket Ball Rules

Adopted June, 1899, at Springfield, Mass.; Revised by Executive Committee of the Basket Ball Rules Committee, October 23, 24, 1905, at New York City. Revised September, 1908; Revised September, 1910; Revised September, 1911; Revised September, 1912; Revised September, 1913; Revised September, 1914; Revised March, 1916.

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RULE I.

SECTION 1. Basket Ball may be played on any **GROUND**s. grounds free from obstruction, said grounds not to exceed 6,000 square feet of actual playing space.

SEC. 2. There shall be a well defined line marked **Boundary lines.** around the floor or field. The side boundaries shall be at least three feet from the wall, fence, or other obstruction. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play. Upon agreement by both teams the boundary lines may be dispensed with.

SEC. 3. The field shall be divided into three equal **Division lines.** parts by field lines, parallel to the end boundary lines.

SEC. 4. The field shall be laid out as per diagram on page 12.

SEC. 5. When, however, the playing floor consists of less than 2,500 square feet, the field may be **Small playing floor.** divided into two equal parts by one field line, parallel to the end boundary lines. If the field is divided by one field line, only centres may run from one field into the other, but they may not throw for goal from the foul lines or field of play. (See **Only forwards may throw for goal.** page 14.)

(NOTE 1—*Nor may centres throw for goal when playing on a three-division field.*)

(NOTE 2—*If one division line is used, centres must wear conspicuous emblems to mark them from the other players.*)



PLATE II—WRONG GUARDING.

RULE II.

SECTION 1. The ball shall be spherical; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32 inches in circumference; the limit of variableness shall not be more than one-fourth of an inch in three diameters; it shall weigh not less than 18 nor more than 20 ounces.

BALL.

Size of Ball.

SEC. 2. The ball shall be provided by the home team; it shall be tightly inflated and so laced that it cannot be held by the lacing, and shall otherwise be in good condition.

Who provides the ball.

RULE III.

SECTION 1. The baskets shall be hammock nets of cord, suspended from metal rings 18 inches in diameter (inside). The rings shall be placed 10 feet above the ground in the centre of the short side of the actual playing field. The inside rim shall extend 6 inches from a rigid supporting surface.

BASKETS.

SEC. 2. In case the supporting surface is not a wall of the building, a special background must be provided, which shall measure at least 6 feet horizontally and 4 feet vertically, and extend not less than 3 feet above the top of the basket. It may be of any solid material, but must be *permanently* flat, perpendicular and rigid.

Background.

Solid material.

SEC. 3. The baskets shall be rigidly supported. There must be no projections beyond the sides nor above the upper edge of the basket.

SEC. 4. No spectators or others shall be permitted nearer than six feet to the baskets in any direction. The REFEREE shall see that this rule is enforced.

Spectators six feet away.

RULE IV.

SECTION 1. Teams shall number not less than *five*, nor more than *nine* members.

TEAMS.

Number of players.

(NOTE—Those who are playing the position of



PLATE III—CORRECT GUARDING.

RULE IV.

home must stay in their own home section, except during the "time out" or between halves. Those playing the position of centre must stay in the centre section, except when the field is divided into two sections only, and those playing the position of guard must stay in their respective sections except during "time out" or between halves.)

Position of players.

RULE V.

SECTION 1. The officials shall be a REFEREE, an UMPIRE, two SCORERS, two TIMEKEEPERS and two LINESMEN.

**OFFICIALS.
NEW RULING.**

SEC. 2. Except when one division line is used, the number of officials may be changed to a REFEREE, two UMPIRES, two SCORERS, two TIMEKEEPERS and four LINESMEN, upon agreement by both teams.

RULE VI.

SECTION 1. The REFEREE in all cases must be a thoroughly competent and impartial person, and shall not be a member of either of the competing organizations.

REFEREE.

Referee an outsider.

SEC. 2. The visiting team shall choose the REFEREE, but shall notify the home team before the day of the game. Any team neglecting to send such notification within the limit specified shall forfeit the right to appoint the REFEREE.

Referee chosen by visiting team.

SEC. 3. Before the game begins the REFEREE shall see that the regulations respecting the ball, baskets, grounds and spectators are adhered to. (Rule III, section 4.) By mutual agreement of the CAPTAINS, the REFEREE may allow alterations in the rules regarding extent of boundary or side lines and time of halves, but not regarding rules for goal, ball, teams or spectators. The REFEREE shall ascertain before the commencement of the game the time for beginning or any other arrangements

Alterations in rules, about grounds and time.



PLATE IV—GUARDING AROUND. (WRONG HORIZONTAL GUARDING.)

RULE VI.

that have been made by the CAPTAINS or committee in charge.

SEC. 4. The REFEREE shall be judge of the ball. She shall decide when the ball is in play, to whom it belongs, when a goal has been made, *and have power to call all fouls provided for in the rules.*

SEC. 5. The REFEREE shall approve of the SCORERS, TIMEKEEPERS and LINESMEN before the game begins.

SEC. 6. Whenever the ball is put in play by tossing it up, the REFEREE shall stand so that she shall throw the ball in a plane at right angles to the side lines.

SEC. 7. The REFEREE shall blow a whistle whenever necessary to call a foul or "time out." In case of a foul she shall indicate the offender and announce the nature of the foul, so that the offender, SCORERS and spectators can hear her.

SEC. 8. No player but the CAPTAIN shall address any official. The REFEREE shall call a foul for violation of this rule. (Rule XII, section 3b.)

SEC. 9. The REFEREE is the superior officer of the game and shall decide all questions not under the jurisdiction of the other officials, but she shall have no power to alter the decisions made by the other officials when these are in regard to matters under their jurisdiction.

SEC. 10. The REFEREE'S term of office shall only extend from the time the game begins until it is concluded; she shall then announce the final score of the game. Her jurisdiction shall then end and she shall have no longer any power to act as REFEREE. (See section 34.)

SEC. 11. The REFEREE puts the ball in play. (Rule XII., sections 4, 5 and 6.)

REFEREE IS JUDGE OF THE BALL.

Referee decides when ball is in play and when goal has been made, and may call all fouls.

Ball; how put in play.

How to call time.

Referee calls foul on player who speaks to officials.

SUPERIOR OFFICER

Referee cannot alter decision of other officials.

Referee has no power after game.

Duties of the Referee.



PLATE V—CORRECT HORIZONTAL GUARDING.

RULE VI.

SEC. 12. Makes all decisions on violations of Rule XII, section 5. Duties of the Referee—(Con.)

SEC. 13. Decides when a goal has been made. (Rule XII, section 30.)

SEC. 14. Indicates the two players nearest the ball when time was called and who are to jump for it when play is resumed. (Rule XII, section 7.)

SEC. 15. Throws ball up when it is held by two or more players for any length of time. (Tie ball.) (Rule XII, section 22a.)

SEC. 16. Indicates which player had her two hands on the ball first. (Rule XII, section 21c.)

SEC. 17. Awards point to opposing team when basket is touched. (Rule XII, section 31.)

SEC. 18. Awards point to opposing team for three guarding fouls at basket. (Rule XII, section 35.)

SEC. 19. Makes decisions on the scoring of goals. (Rule XII, section 30.)

SEC. 20. Makes decisions on ball touched by an opponent. (Rule XII, section 31.)

SEC. 21. Decides whether ball was in the air when whistle sounded and whether goal counts. (Rule XII, section 32.)

SEC. 22. Decides whether goal thrown by team making a foul counts. (Rule XII, section 33.)

SEC. 23. When whistles of two or more officials are sounded simultaneously, the one calling attention to a foul shall take precedence.

(*SUGGESTION—That whistles of different pitch be used.*)

SEC. 24. Makes decisions on goals thrown from out of bounds, according to Rule XII, section 34.

SEC. 25. Blows whistle when ball goes out of bounds. (Rule XII, section 11.)

SEC. 26. Makes decisions when ball is caused to go out of bounds. (Rule XII, section 12.)



4 PLATE VI—WRONG GU'ARDING AT WALL.

RULE VI.

SEC. 27. Decides when player has held the ball more than five seconds out of bounds. (Rule XII, section 16.)

Duties of the
Referee—(Con.)

SEC. 28. Decides on violations of Rule XII, section 39.

SEC. 29. Decides when game has been won by default according to Rule XII, section 41.

SEC. 30. Decides when game has been won by default according to Rule XII, section 42.

SEC. 31. Announces score of a defaulted or forfeited game. (Rule XII, section 44.)

SEC. 32. Disqualifies for rough play or for four fouls of same kind. (Rule XII, section 25.)

SEC. 33. Calls fouls for persistent or intentional delays. (Rule XII, section 3a.)

SEC. 34. REFEREE *alone* may call "time out" and "time" at end of halves; and a goal made before the REFEREE'S whistle blows for the end of the half shall count. (Rule IX, section 3.)

SEC. 35. The REFEREE is the superior officer of the game and shall have power to decide all questions not covered by these rules.

Decides questions
not covered
by rules.

RULE VII.

SECTION 1. The UMPIRE in all cases must be a thoroughly competent and impartial person and shall not be a member of either of the competing organizations.

UMPIRE.

Umpire,
Outsider.

SEC. 2. The home team shall choose the UMPIRE, but shall notify the visiting team of such selection before the day of the date fixed for the game. A team neglecting to send such notification within the time specified, shall forfeit to the visiting team its right to appoint the UMPIRE.

Umpire chosen
by home team.



PLATE VII—CORRECT GUARDING AT WALL.

RULE VII.

SEC. 3. The UMPIRE shall be judge of the players, shall make decisions and call fouls as follows: UMPIRE calls fouls for violations of Rule XII, sections 9a, 10, 18, 19, 21b, 21d, 23, 24, 25, 36, 45, 46, 47.

SEC. 4. When two UMPIRES are used, the UMPIRES shall make their decisions independently of each other, and a foul called by one shall not be questioned by the other.

Neither shall the REFEREE or UMPIRES question each other's decisions.

SEC. 5. Whenever a foul is made the UMPIRE shall blow a whistle, indicate the offender, and announce the nature of the foul, so that the offender, the SCORERS and the spectators can hear it.

(NOTE—Fouls may be called on any number of players at the same time and must be played off immediately.)

RULE VIII.

SECTION I. There shall be two SCORERS, one from each team; both shall be subject to the approval of the REFEREE. They shall record the goals made and the fouls committed. Their records shall constitute the official score of the game. *They shall compare their scores after each goal made, and any discrepancy shall be at once referred to the REFEREE.* If they fail to notify the REFEREE at once, the latter shall decide in favor of the smaller score, unless she has knowledge that permits her to decide without reference to the SCORERS.

SEC. 2. The SCORERS, before the commencement of the game, shall secure from the management of each team a list of their players, with their positions.

SEC. 3. They shall notify the REFEREE when a player shall be disqualified according to Rule XII, sections 25 b and c.

SEC. 4. They shall notify the REFEREE when a

UMPIRE IS JUDGE OF PLAYERS.

Umpire calls these fouls.

Officials not to question each other's decisions.

Whistle blown on foul.

SCORERS.**NEW RULING.**

Scorers to get names.

Scorers must notify Referee about disqualifying players.



~ PLATE VIII—"BOXING UP." (WRONG GUARDING AT BASKET.)

RULE VIII.

player trying for goal is fouled three times by the opposing team according to Rule XII, section 35.

SEC. 5. Match games shall be scored according to the details on the model score card, page 60 of this volume, *and this shall constitute the official record of the game.* **Official score.**

RULE IX.

SECTION 1. There shall be two **TIMEKEEPERS**, one from each team; both shall be subject to the approval of the REFEREE. The **TIMEKEEPERS'** record is the only official time. **TIMEKEEPERS. NEW RULING.**

SEC. 2. They shall note when the game starts. They shall blow their whistle indicating the expiration of the actual playing time in each half.

(NOTE—Only the REFEREE may call "time" at end of halves. Rule VI, sections 10 and 34.)

(SUGGESTION—That both **TIMEKEEPERS** use one watch and loud sounding whistles.)

SEC. 3. Time consumed by stoppages during the game shall be deducted only on order of the REFEREE. Time involved in making "free throws," etc., shall not be considered stoppages. **Time out only on Referee's order. Time not deducted for "free throws."**

RULE X.

SECTION 1. The **LINESMEN** shall be appointed by the management of the home team and subject to the approval of the REFEREE. **LINESMEN.**

SEC. 2. There shall be two **LINESMEN**; one from each side. (Rule V.)

SEC. 3. The **LINESMEN** shall stand at the ends of the division lines. Their particular places shall be assigned them by the REFEREE. **Position of Linesmen.**

SEC. 4. The **LINESMEN** shall be judges of fouls made by stepping on or crossing over the field lines, or touching the field lines or the ground beyond with any part of the body or clothing, and shall call such fouls. **Linesmen call Line Fouls.**

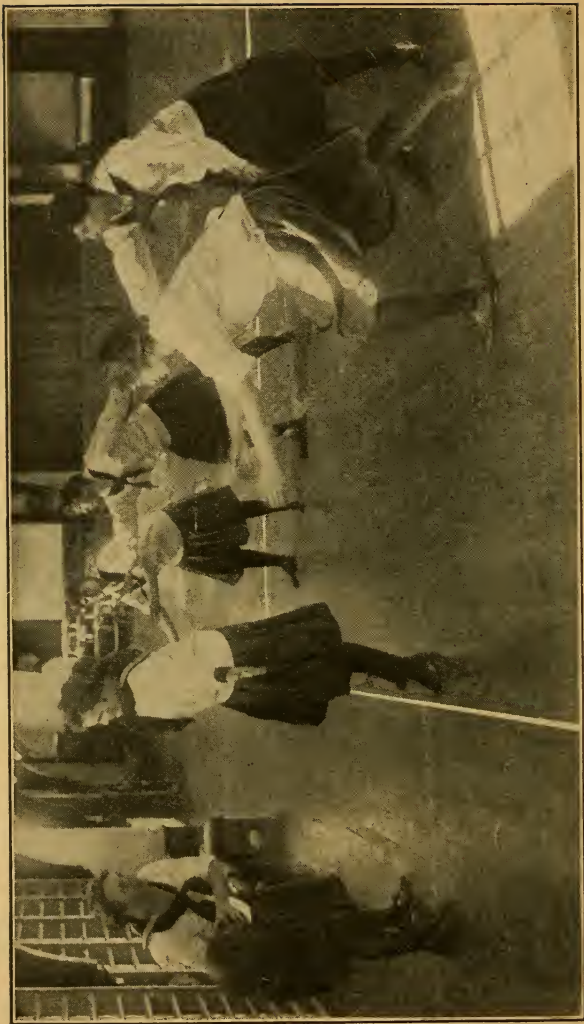


PLATE IX—THROWING IN FROM OUT OF BOUNDS.

Note—The girl throwing the ball in may throw to either forward.

RULE XI.

SECTION 1. CAPTAINS shall be indicated by **CAPTAINS.**
each team previous to the commencement of a match; they must be players in the game.

SEC. 2. The CAPTAINS shall be the representatives of their respective teams.

SEC. 3. The CAPTAINS shall toss for choice of baskets. They alone are entitled to call the attention of the officials to any violation of the rules which they think has been made. (Rule XII, section 3b.) **Captains only speak to officials.**

SEC. 4. Before the commencement of a match each captain shall furnish the SCORERS with a list of her players with their positions.

RULE XII.

SECTION 1. The game shall consist of two halves of fifteen minutes each, with a rest of ten minutes between the halves. This is the time of actual play. These times may be changed by agreement of CAPTAINS and REFEREE. **Time of halves.**

(NOTE—It is suggested that beginners play two ten-minute halves and later play three ten-minute periods. They will thus be much better prepared to play finally the two fifteen-minute periods. **NEW NOTE.**

Girls under fifteen years of age should never be allowed to play more than two ten-minute periods. There is no objection to allowing the teams a period of rest during the halves, and it is often a wise measure. The REFEREE only may grant this, and order "time out.")

SEC. 2. The teams shall change baskets at the end of the first half.

SEC. 3. a. Any persistent or intentional delay of the game shall be counted as a foul against the team so delaying. The REFEREE shall call this foul. **Persistent or intentional delay of game.**

(EXAMPLE—"Failing to get up as soon as pos-



PLATE X—THREE HOLDING BALL, TWO ON SAME TEAM.
(WRONG PLAY.)

RULE XII.

sible after having fallen down," when in possession of the ball.)

b. No player but the CAPTAIN shall address any official. The REFEREE shall call a foul for violation of this rule.

Captain only
addresses officials.

(NOTE 1—CAPTAINS may talk to members of their teams (quietly) during active playing, provided they do not go out of their own territory.)

(NOTE 2—There is no penalty for players talking quietly to each other when necessary during active playing, provided they do not go out of their own territory; but it should be seldom necessary.)

NEW NOTE.

SEC. 4. At the opening of the game, at the beginning of the second half, after each goal, and at such other times as hereafter provided, the REFEREE shall put the ball in play at the centre. Whenever the ball is put in play at the centre, each jumping centre player shall stand facing her own goal, with both feet inside the circle, and the REFEREE shall toss the ball up in a plane at right angles to the side lines to a greater height than either of the centre players can reach by jumping and so that it will drop between them. Sec. 3a may be applied when players delay game by not coming to centre promptly or by stepping out of circle before or during jumps. (Plate I.)

Ball, how and
when put in play
at centre.

(NOTE—"Own goal" shall mean the basket for which a team is throwing.)

SEC. 5. a. When the REFEREE puts the ball in play at centre, she shall blow her whistle when the ball reaches its highest point, before which neither of the jumping centres must touch it. Section 3a may be applied if ball is batted before it reaches its highest point. If the ball is batted to outside by one of the centres it shall be given to an opponent out of bounds. When batted to outside by both

Ball to be
touched first by
one or both
jumping centres.



PLATE XI—"TIE BALL,"

RULE XII.

centres simultaneously it shall be thrown up between the two players indicated by the REFEREE at the place where it left the field of play.

b. Whenever the ball is tossed up by the REFEREE between two players, whether in the centre or elsewhere, the ball must be batted, not caught. Neither of the players jumping may catch the ball until it has *touched the floor or been played by some other player* than those jumping. The REFEREE shall call a foul for violation of this rule.

NEW RULING.

SEC. 6. Whenever the ball is put in play other than in the centre, the players who are to first touch the ball must not stand further than two feet from the spot indicated by the REFEREE where the ball is to fall. They must stand facing each other, and not more than two feet apart, until the jump is made. If this rule is violated, section 3a may be applied by the REFEREE.

Players who "jump" for ball must stand near together.

SEC. 7. If the ball is in bounds when "time" is called, the REFEREE shall stand between the players and the nearer side line and put the ball in play by tossing it up in such a manner that it will drop near the spot where it was when "time" was called. The two opponents nearest this spot when time was called shall be the first to touch the ball after play is resumed. They shall be indicated by the REFEREE. If, however, the ball is held in tie (Rule XII, section 22) between the centre and forward or guard (*i. e.*, over the field line) the ball shall be tossed up between the centre and her centre opponent indicated by the REFEREE.

When "time" is called, ball in bounds.

When "tie ball" is held between players in different fields.

SEC. 8. If the ball is out of bounds when "time" is called, play shall be resumed at the whistle of the REFEREE just as if time had not been called.

When "time" is called, ball out of bounds.

SEC. 9 a. A player shall not advance with the ball while in bounds, nor across the line to out of bounds

Ball not to be carried.



PLATE XII—"FREE THROWING." (THROWING FOR GOAL FROM 15-FOOT LINE ON A FOUL.)

RULE XII.

with one or both feet. She must play the ball from the spot on which she catches it. This shall not be interpreted as interfering with a player's turning around without making progress as long as she keeps one foot in place. Allowance is to be made for one who catches the ball while running, provided she throws it at once or stops as soon as possible. The REFEREE or UMPIRE shall call a foul for violation of this rule.

b. If in the judgment of the REFEREE she stops as soon as possible and at the end of the run she has one foot over the boundary line, touching the floor on the outside, no action shall be taken if she immediately withdraws the foot that is over the line, but if she carries the foot that is inside the field of play to the floor on the outside so that both feet are outside the field of play, the ball shall be given to an opponent out of bounds. (See Rule XII, section 12.)

(NOTE—At no time may a player touch the field line with any part of her body or clothing. Rule XII, section 45.)

SEC. 10. When a ball has been caught it must be thrown within three seconds and according to sections 9a, 46 and 47. The ball may be bounced once only, with one or both hands, and the top of the ball must reach at least as high as the knee in bouncing. This does not interfere with a player's throwing for goal twice or more in succession, even if no other player touches it between times. The UMPIRE or REFEREE shall call a foul for violation of this rule.

One bounce
allowed.

(NOTE—While making the one bounce, a player may take one or several steps, provided the steps are made between the time the ball leaves her hands and her catching it again.)

SEC. 11. The ball is out of bounds only when it

When the ball is
out of bounds.



PLATE XIII—LINE FOUL; FOOT ON LINE.

RULE XII.

has completely crossed the line and is either touching the floor or *in the possession of a player who has one or both feet outside*, except as provided for in section 9b.)

SEC. 12. When the ball is caused to go out of bounds in any manner, intentionally or unintentionally (except in violation of section 9b), and remains there, the REFEREE shall give it to the opponents of the girl who touched it last and to the player nearest the point where it left the field of play.

When the other side is awarded the ball after going out of bounds.

SEC. 13. The ball must be thrown into the field of play and may be thrown in any direction. It must be thrown, however, from some spot (outside of bounds) on a line drawn at right angles to the boundary line *at the point where the ball crossed it*. It must be caught by some other player before the one who passed it in can again play it. When either of these rules is violated, the REFEREE shall give the ball to the opponent at the same spot. (Plate IX.) Sec. 34.)

How to throw ball in from out of bounds.

To be played by another player.

SEC. 14. In case of a doubt in the mind of the REFEREE as to which side touched the ball last, it shall be tossed up between two players indicated by the REFEREE, five feet within the boundary lines on a line with the point where it left the field of play.

When an "out of bounds" ball is tossed up.

SEC. 15. When the ball goes out of bounds and immediately returns, play shall continue whether or not it was touched while out of bounds, except if the whistle of the REFEREE is blown. The ball shall then be put in play as though it had not returned to the field of play.

When ball rolls or bounces in again from out of bounds.

SEC. 16. A player is allowed five seconds to hold the ball out of bounds. A player must not step over the boundary line until after she has played the ball, and if, in the judgment of the REFEREE, either of these rules is violated, the REFEREE shall

Five seconds to hold ball out of bounds.



PLATE XIV—LINE FOUL; TOUCHING ON THE LINE.

RULE XII.

give the ball to an opponent at the original spot out of bounds.

SEC. 17. There shall be no interfering with the player who is returning the ball: that is, no part of the person of her opponent shall be outside of the field of play and the ball may not be touched until it has crossed the line. If either of these rules is violated the REFEREE shall return the ball to the player who had it and have it again put in play at the original place.

Interfering with thrower-in.

SEC. 18. *All guarding must be done in the vertical plane.* Fouls under this rule are:

Guarding fouls.

a. Guarding over opponent's person or over ball. (Plates II and III.)

b. Guarding round opponent's person. (Plates IV and V.)

c. Guarding two hands at the wall. (Plates VI and VII.)

d. Guarding: boxing up. (Plate VIII.)

(NOTE—"Boxing up" is done only when two players guard an opponent who is trying for goal, one in front and one behind.)

e. Guarding with hand touching ball. REFEREE or UMPIRE shall call these.

SEC. 19. There shall be no tackling, holding or pushing of an opponent, with or without the ball. The hands or arms shall not be used in any way to interfere with the progress of a player who has or has not the ball. Grasping the clothing of a person or player with the hands or putting one or both arms about a player shall be called holding. The REFEREE or UMPIRE shall call a foul for violation of this rule.

Holding, etc., of opponent.

SEC. 20. The opponent of a player who has the ball may stand firm and guard rigidly.

SEC. 21. a. When catching a ball two hands are necessary to secure it. This does not prevent a player from *throwing* the ball with one hand.

Two hands necessary to secure ball.



PLATE XV—CORRECT WAY OF PICKING UP BALL OVER LINE.

RULE XII.

b. A foul shall be called on a player who in the judgment of the REFEREE puts her hand on the ball after an opponent has secured it. This foul may be called by REFEREE or UMPIRE.

(NOTE—*A foul shall not be called on a player who, in attempting to catch a ball, puts one hand on the ball after her opponent has secured it, provided she immediately takes her hand away.*)

c. REFEREE decides which player first gained possession of the ball.

d. Not more than one player of each team shall touch the ball at the time it is being disputed with an opponent. Violation of this rule is a foul and shall be called by REFEREE or UMPIRE. (Plate X.)

No more than one player of each team on ball.

(NOTE—*It is not a foul for two players on the same team to put their hands on the ball when it is not disputed by an opponent, provided one player immediately takes her hands away.*)

SEC. 22. a. In case of doubt in the mind of the REFEREE as to which player of opposing team first put her two hands on the ball, it shall be called a "Tie Ball." (Plate XI.) The whistle shall be blown, play stopped, and the ball tossed up between them, according to Rule VI, section 6.

Tie Ball.

(NOTE—*Many fouls and much disputing would be eliminated and a finer spirit and cleaner basket ball would result if a player herself made a point of giving up the ball if there were the least doubt in her mind that she put her hands on the ball before her opponent.*)

Many "tie balls" show bad playing.

b. The ball may be thrown or batted in any direction with one or both hands, except as provided in Rule XII, section 5.

SEC. 23. In no case may a player attempt to remove the ball from the hands of an opposing player, either by *snatching* or *battling* it. The

Snatching or battling ball from an opponent's hands not allowed.



PLATE XVI—CORRECT WAY OF REACHING OVER LINE WITH BALL.

RULE XII.

REFEREE or UMPIRE shall call a foul for violation of this rule.

SEC. 24. The ball may not be held *by one player* longer than three seconds inside of bounds. The REFEREE or UMPIRE shall call a foul for violation of this rule. If the player has fallen down, the three seconds are counted from the time she has regained her feet. Section 3a may be applied if player does not get up as soon as possible.

Ball held
three seconds only.

Player must be
standing to throw
ball.

SEC. 25. *a.* The ball shall not be kicked or struck with the fists. The REFEREE or UMPIRE shall call a foul for violation of this rule.

Kicking or striking
ball not allowed.

b. There shall be no shouldering, pushing, tripping, striking, kicking or intentional or unnecessary roughness of any kind. The REFEREE or UMPIRE shall call a foul for violation of this rule. The REFEREE may for the first, and shall for the second offence, disqualify the offender for that game and for such further period as the Committee in charge shall determine. The REFEREE has power to disqualify for violation of this rule whether foul was called or not.

Roughness will
disqualify.

c. Any three fouls of the same character shall warn and four shall disqualify a player (*i. e.*, three over-guarding, three walking, three line fouls, etc.). A foul is a violation of the rules, whether committed unintentionally, ignorantly or otherwise. The fact that a foul is made is the only guide for the officials in calling the same.

NEW RULING.

Any four fouls
of the same char-
acter disqualify.

(NOTE—The SCORERS notify the REFEREE when a player shall be disqualified because of roughness.

Scorers notify
Referee when
player should be
warned or
disqualified.

The SCORERS notify the REFEREE when a player shall be warned after making three fouls, or disqualified after making four fouls, of the same character. See Rule VIII, section 3.)



PLATE XVII—HANDING THE BALL—FOUL.

RULE XII.

SEC. 26. A substitute shall be allowed for a player who has been disqualified, and the foul made by her shall be counted.

Substitute allowed for disqualified player.

SEC. 27. Whenever, because of sickness or accident to a player, it becomes necessary for the REFEREE to call "time," play must be resumed in five minutes. If the injured player is unable to resume play by that time, a substitute shall take her place, or the game starts at once without her. If it becomes necessary for any reason to change the players, the REFEREE may upon notice from the CAPTAIN call "time" for the substitution, provided the SCORERS have been notified and the new player is ready to start at once. Section 3a may be applied when necessary. By mutual agreement of CAPTAINS the REFEREE may allow the positions of the players to be changed *between* the halves or, if for a substitution, during the halves. A player once removed from the game cannot play again during that game.

Five minutes for "time."

Players to be changed only after the Referee and Scorers have been notified.

SEC. 28. A game must be decided by the winning of the most points in thirty minutes playing time, or the amount of time agreed upon *previously* by CAPTAINS and REFEREE—at the end of which time the TIMEKEEPER'S whistle shall be blown and the score announced, except in case of a tie.

Playing time of game.

SEC. 29. In case of a tie the game shall continue (without exchange of baskets) until either side has made 2 additional points. *The goals may be made either from field of play or foul line, the team first scoring 2 points wins.* In case of a tie and both teams make the second points simultaneously through both teams scoring on double fouls, the game shall continue, as provided for in section 40.

Requires two points to win in case of tie.

Points count from field or foul lines.

Scoring two points simultaneously.

SEC. 30. A goal made from the field shall count as 2 points; a goal made from a foul shall count as 1 point; a goal thrown shall count for the side into

Scoring of goals.

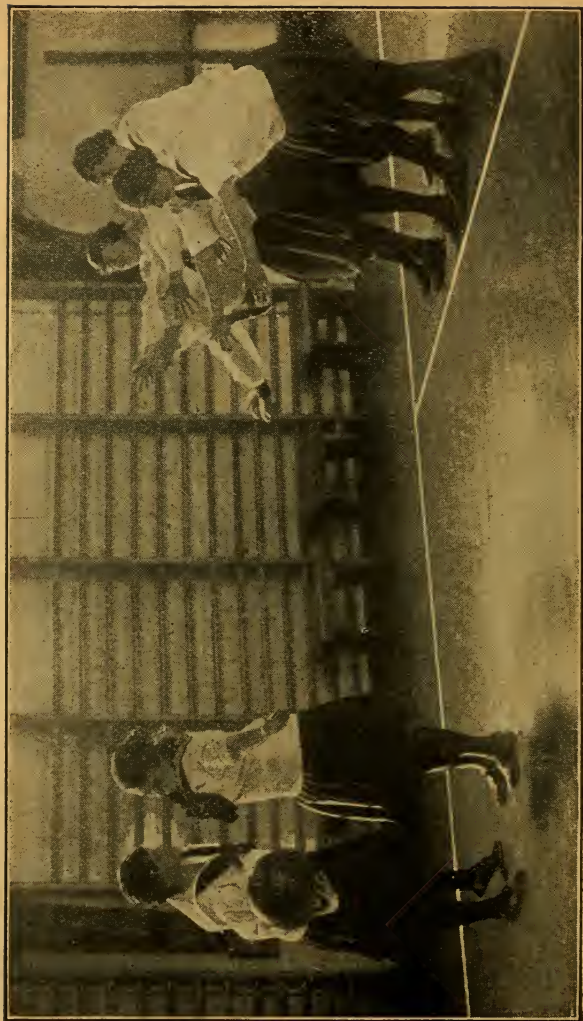


PLATE XVIII—"BUNCHING"; BAD PLAYING,

RULE XII.

whose basket the ball is thrown, even though it was done by mistake. To constitute a goal, the ball must enter and remain in the basket until after the REFEREE'S decision, except when baskets with open bottoms are used.

What constitutes a goal.

In this case the ball must enter and pass through the basket to constitute a goal, in accordance with the judgment of the REFEREE.

When open bottom baskets are used.

SEC. 31. If the basket or ball is touched by an opponent when the ball is on the edge of the basket, the REFEREE shall award 1 point to team trying for goal.

Basket or ball touched by opponent.

SEC. 32. If a player throws for the basket and the REFEREE decides the ball had left the player's hands when the whistle of the REFEREE, UMPIRE, TIMEKEEPER or LINESMAN sounded, and the throw results in a goal, it shall count, except as provided in sections 33 and 34.

Goal counts if whistle is blown when ball is in the air.

SEC. 33. A goal thrown before the whistle can be blown for a foul *made by the team throwing it* shall not count. The REFEREE makes decisions on this rule.

Goals affected by fouls.

SEC. 34. When a player makes a throw for the basket and the REFEREE decides that part of her person was touching the floor out of bounds, if a goal is made, it shall not count; if not made, the ball shall be considered in play.

Goal may not be made from out of bounds.

SEC. 35. If a player while trying for goal is fouled three times by the opposing team, the REFEREE shall award 1 point to the team whose player was fouled, and, if the player succeeds in making a goal, it shall also count in accordance with section 32. This shall not interfere with a free throw after each of the three fouls. (Rule VIII, section 4; Rule XII, section 25c.)

One point extra awarded at basket.

(NOTE—The SCORERS notify the REFEREE when a player, while trying for goal, has been fouled three times by the opposing team.)



PLATE XIX—SIDE THROW.

RULE XII.

SEC. 36. It is a foul to wave the hand or hands in the face of a player who is tossing for goal. UMPIRE or REFEREE may call this foul.

Waving hands in face of goal thrower.

SEC. 37, when a foul has been made, the opposite side shall have a free throw for the basket at a distance of fifteen feet from a point on the floor directly beneath the centre of the basket, measuring towards the opposite basket. The player having a free throw shall not cross the fifteen-foot line until the ball has entered or missed the basket. The ball cannot be thrown to any person. An honest attempt must be made to throw it into the basket. If this rule is violated, a goal, if made, shall not be scored, and if missed the ball shall be dead and put in play in the centre. The REFEREE makes the decisions for violations of this rule. (Plate XII.)

Free throw mark.

Thrower must not cross mark.

Ball must be thrown at basket.

(NOTE—Only the forwards may throw from fifteen-foot line. This rule is made for the reason that if any other player throws for goal from the foul line a foul can be called on her for not being in her own territory after she has made an unsuccessful free throw. It also makes for better team play.)

Forwards only throw from foul line.

SEC. 38. The blowing of any official's whistle shall not prevent a free throw that has been awarded. When a foul is committed simultaneously with or just previous to the sounding of the timekeeper's signal, it shall count and sufficient time shall be taken to play off the free throw.

NEW SECTION.

Official's whistle not to prevent free throw.

SEC. 39. No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the basket, nor interfere with the ball until after it reaches the basket. The player shall not be interfered with in any way whatever, either by players or spectators. Players shall not cross the six-foot line until the ball has entered or missed the basket. If this rule is violated by one of the oppo-

Six-foot lane for players. Penalty for crossing line before ball reaches basket.

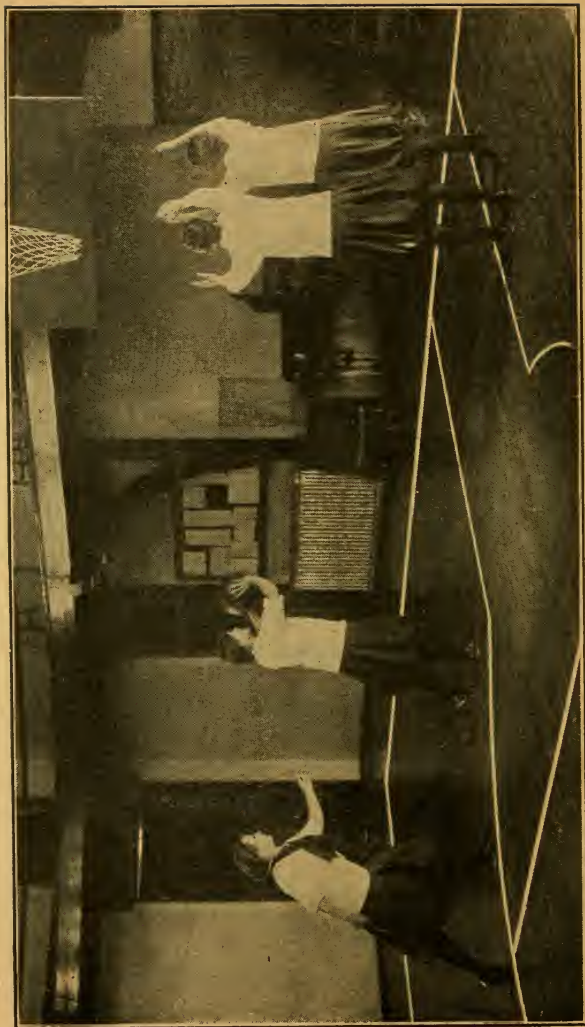


PLATE XX—TWIRLING THROW FOR BASKET.

RULE XII.

site team, *or by spectators*, she shall have another free throw. If violated by one on her own team, or by players of both teams, and a goal is made, it shall not count, and whether missed or made, the ball shall be thrown up in the centre. If the goal is not made and *no rules have been violated*, the ball shall be in play. The REFEREE makes the decisions for violations of this rule. (Plate XII.)

SEC. 40. When two or more fouls are called at the same time on opposite teams, they shall be thrown in succession and the ball shall be put in play at the centre after the last throw. When two or more fouls are called at the same time on one team, they shall be thrown in succession. If a goal is made on the last throw, the ball shall be put in play, at the centre; if missed, the ball is in play. (See section 38.)

Two fouls at once.

SEC. 41. If only one team puts in an appearance at the appointed time, the REFEREE shall announce that the team complying with the terms agreed upon shall be declared the winner of the game by default. (See section 42.)

Winning by default.

SEC. 42. When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its number first and appears on the field ready for play cannot claim a default from its opponent. The latter shall be entitled to fifteen minutes' additional time, and if then unable to present a full team shall be obliged to play short-handed or forfeit the game. The REFEREE shall be the authority on this rule.

When neither team is ready, the one on field first waits fifteen additional minutes.

SEC. 43. Any team refusing to play within three minutes after receiving instructions to do so from the REFEREE shall forfeit the game. (See section 44.)

SEC. 44. The REFEREE shall announce a team defaulting or forfeiting a game the loser by the score of 2 to 0.



PLATE XXI—"HIGH BALL."

RULE XII.

SEC. 45. Touching the field line or ground beyond with any part of the body *or clothing* constitutes a foul. (This does not debar a player from leaning or reaching over the field line to pick up or receive the ball.) The REFEREE or UMPIRE shall call a foul for violation of this rule. (Plates XIII, XIV, XV, XVI.)

LINE FOULS.

When a line foul is made *by the team in possession of the ball*, a free throw for the basket shall not be awarded, but the REFEREE shall give the ball to the opposite side. The REFEREE shall give it to the nearest opponent of the girl who was in possession of the ball at the time the line foul was called. She shall have an unguarded throw to another player, but may not shoot for the basket until the ball has been caught by some other player.

NEW RULING.

New penalty for line fouls.

If a line foul is made *by the team not in possession of the ball*, the player who has the ball retains it and is allowed an unguarded throw, but may not shoot for the basket until it has been caught by some other player.

If a double line foul is made, there shall be a toss-up between the player who has the ball when the double line foul is called and her nearest opponent. Rule XII, section 25*b*, may be called on a player who pushes another over the line.

SEC. 46. The ball may not be "juggled," *i. e.*, Juggling ball. tossed into the air and caught again to evade holding. The REFEREE or UMPIRE shall call a foul for violation of this rule.

SEC. 47. No player may bounce the ball *against the wall* or on the floor to another player—or roll or hand it to another player. The ball must be *thrown in the air* to another player or for the basket. The player must be *standing on one or both feet or jumping in the air* when throwing the

NEW RULING.

Bouncing, rolling or handing ball.

RULE XII.

ball. The REFEREE or UMPIRE shall call a foul for violation of this rule. (Plate XVII.)

NEW NOTE. (*NOTE—If in the opinion of the REFEREE a player makes an honest attempt to throw the ball to another player and the ball strikes the ground before it reaches the player, a foul for rolling or bouncing shall not be called.*)

Derogatory
remarks
about officials.

SEC. 48. Any remarks or actions, whether addressed to an official or not, on the part of a player during the progress of the game, derogatory in any way to the officials, shall be called a foul by the REFEREE.

Behavior of
spectators.

SEC. 49. When playing outside teams the home team shall be held responsible for the behavior of the spectators. When playing inter-class teams the team challenging shall be held responsible for the behavior of the spectators.

Failure to keep them from interfering with the progress of the game by coaching, clapping or cheering, or for any discourteous conduct shall, after a warning by the REFEREE, make the home team (or the challenging team) liable to forfeit the game. The REFEREE makes the decision on this rule and shall rigidly enforce it.

NEW SECTION.

SEC. 50. Coaching from the side lines during the progress of the game, by any one officially connected with either team, shall be called a foul by the REFEREE.

Officials to be strict
and to go by spirit
of rules.

SEC. 51. In all cases not covered by these rules officials are to use their own judgment, in accordance with the general *spirit* of the rules, *and to call fouls for same.*

RULE XIII.

Fouls are classified according to their penalties, as follows:

General.

1. Players addressing officials (Rule XII, section 3b).

RULE XIII.

2. Kicking or striking ball (Rule XII, section 25a.)
3. Holding ball more than three seconds (Rule XII, section 24).
4. Delaying game (Rule XII, section 3a).
5. Tackling, holding, pushing opponents (Rule XII, section 19).
6. Snatching or batting ball from hands of an opponent (Rule XII, section 23).
7. Juggling (Rule XII, section 46).
8. Touching the field line with any part of the body or clothing (Rule XII, section 45.) (Plates XIII, XIV, XV, XVI.)
9. Handing, bouncing or rolling the ball to another player (Rule XII, section 47.) (Plate XVII.)
10. Wrong guarding (Rule XII, section 18, *a*, *b*, *c*, *d* and *e*). (Plates II, III, IV, V, VI, VII, VIII.)
11. Waving the hands in front of a player who is tossing for goal (Rule XII, section 36).
12. Coaching from side lines (Rule XII, section 50).

Specific.

Fouls for which Players may be Disqualified.

1. Striking.
2. Kicking.
3. Shouldering.
4. Tripping.
5. Unnecessary rough play.
6. Any four fouls of the same kind.

(Rule XII, section 25c.)

All questions pertaining to the interpretation of these rules, or suggestions, may be referred to Mrs. Senda Berenson Abbott, Northampton, Mass. A self addressed stamped envelope facilitates prompt replies.

Method of Scoring Basket Ball

Any coach who is interested in good basket ball should keep all scores in a uniform way, and preferably in a *score book*. Only in this way is it possible to keep track of the playing of your team—their propensity to make fouls, and the fouls they most commonly make. It also shows the good playing of your team members; if a forward makes many baskets and few fouls, she is a good player, and if a guard makes few fouls and she has prevented the opponents from making many baskets *she* is a good player. A score book also shows the *history* of the playing of the team. One can look back months or years and see whether such playing has improved and how it has improved. Below will be found a sample score page. It is planned after Dr. Gulick's excellent score book, but is changed somewhat to meet the women's rules and is perhaps a little easier to score. This method has been used for years at Smith College and has proved most satisfactory. The abbreviations may at first seem bewildering, but it is surprising how soon one becomes familiar with them. Let us take the scoring of the first half of the game on the sample score card. Ada Brown has made a goal from the field and a goal from the foul line. May Robinson made a goal from the foul line and missed a goal from the foul line. Susan Smith made two fouls—one for holding the ball longer than three seconds and the other for pushing. Helen Peters made a foul for over-guarding. Fay Calhoun made one for walking and Eva Strong made one for snatching the ball out of an opponent's hands. The score at the end of the first half for 1914 was 4 points. It is also interesting to note how one is able to follow up the fouls of one team by goals or attempts at goals from the foul line. The following will show how easy it is to keep scores, and how essential it is for good basket ball.—S. B. A.

Class of 1914				Class of 1915			
Names of Players		First Half	Second Half	Names of Players		First Half	Second Half
Homes	Ada Brown	X ² X'	⊗ X' (w.)	Homes	Marion May	X ² ⊗ X' ⊗	(w.) ⊗ X' ⊗
	May Robinson	X' ⊗	X ² X ²		Lucy Evans	X' X'	(l.) X' ⊗ X'
Centers	Susan Smith	(h.b.) (p.)	(l.) (l.)	Centers	Jane True	(l.) (l.)	
	Helen Peters	(o.g.)	(l.)		Lily Bray		
Guards	Fay Calhoun	(w.)	(og) (og)	Guards	Bessie Beebe		
	Eva Strong	(e.)	(g.r.)		Doris Day	(o.g.)	
		4	5			5	3

WHERE PLAYED *N. H. S.* DATE *Oct. 1, 1913* REFEREE *Inspector*
 UMPIRE *Junior* TIMEKEEPER *Junior* SCORER *Junior*
 LINESMEN *Junior - Junior* WON BY *Class of 1914* SCORE *9-8*

Scoring—(x²) = goal from field; (x') = goal from a foul; (x in a circle) = missed free throw.

Fouls—(o. g.) over-guarding; (g. r.) guarding round; (g. w.) guarding wall; (bx.) boxing up; (h.) holding opponent; (p.) pushing opponent; (in.) interfering with progress of player; (w. r.) walking; (l.) line foul; (c.) crossing 15 foot line; (h. b.) holding ball longer than three seconds; (s.) snatching ball; (b.) bouncing more than once; (b. l.) bouncing lower than once; (a. o.) addressing officials; (d. g.) delaying game; (3g.) three guarding fouls; (3l.) three line fouls.

The Physiological Effects of Basket Ball*

BY THEODORE HOUGH, PH.D.

A paper by Dr. Leo Zuntz, gives results which are of great importance in studying the physiology of basket ball. In this paper it is shown that the amount of carbon-dioxide given off and of oxygen consumed by the body is vastly greater during bicycle riding than it is during walking, and that it is also much greater than we should suspect from our feelings of fatigue. It is, moreover, a common experience with most wheelmen that a ride which involves but little effort will produce profuse perspiration. In other words, cycling involves, even on level ground, a very large amount of muscular work, and so of oxidation without producing marked sensations of fatigue.

Two points in the explanation of this fact are of importance to us: First, the feeling of fatigue is not a reliable measure of the amount of muscular work which is being done; the fatigue of walking, for example, comes largely from the joints, and where we relieve these of the weight of the trunk, and from jar, as we do in wheeling, very much more work can be done with less feeling of effort; secondly, while walking demands of some muscles, such as those of the calf of the leg, an amount of work out of all proportion to that which other muscles perform, bicycle riding makes no such disproportionate demands on any one group of muscles; the work is more distributed and hence is less felt, but when the sum total of work done by all muscles is added, it is found to be much greater than was the case in walking.

This greater amount of work involves the production of a greater amount of carbon-dioxide and a greater consumption of oxygen by the muscles; in other words, increased demands are made on the respiratory mechanism, which consists, on the one hand, of the nerve centers, nerves, and muscles of respiration and, on the other, of the heart and blood vessels. We can thus see at once that such exercise involves the respiration of greater quantities of air and an increased output of blood per minute

* Reprint from an earlier Basket Ball Handbook.

on the part of the heart; and the more or less profuse perspiration already referred to is, of course, an effort to get rid of the increased amount of heat produced by the working muscles.

I have referred thus at length to these observations of Zuntz on bicycle riding because they give us the most accurate observations upon the physiological conditions which obtain during such games as basket ball; here again we have a form of exercise which brings into simultaneous action large numbers of muscles, although no one muscle is worked excessively; even when the ball is in play in some other part of the field, a player must be on the *qui vive*, which means, physiologically, a state of slight contraction of great numbers of muscles; this of itself involves a considerable sum total of oxidation which, of course, becomes much greater during the more active work of running, jumping, throwing, etc. In all such games, as in bicycle riding, more work is done than we are conscious of, and while this work does not produce feelings of fatigue, it does involve very greatly increased effort on the part of the heart and of the muscles of respiration.

Consideration of these facts show us at once when it becomes physiologically unsafe to play basket ball. It is evidently not safe to do so when the heart is unable to perform with comparative ease the increased work required of it; and this may be the case first, in certain diseases of the heart, and secondly, when the player has not been taking muscular exercise for some time, and so is "out of training."

This is not the place to discuss the relations of the various forms of heart disease to such games. In some of them it is unsafe to play; in others, playing under proper restrictions is a good thing. It is for the physician to say in any individual case whether it is safe to play or not.

An equally practical matter is the necessity for training as a preparation for such games. Basket ball does not *at once* impose on the heart conditions which are unfavorable for its work; it merely doubles, we will say, the demand upon it for work; indeed, the key to the whole matter is that, for respiratory and other purposes, the heart must pump very much more blood in the same time. A portion of that part of its cycle which

is normally given to the rest of diastole and pause must be sacrificed to the systole, which thus comes to consume a larger proportion of the total time of the cycle. In this way are introduced the conditions of fatigue, and it is simply a question whether the heart can stand this more fatiguing work; in other words, it is a question of how well trained it is. One may as well expect good results in a skeletal muscle by going into a four-mile run without previous training as to expect good results in the heart by going into a game of basket ball under like conditions; and the danger in both cases comes chiefly from the undue prolongation of the work; especially is this true of basket ball. As long as play continues the muscles are producing these largely increased quantities of carbon-dioxide, and the heart is being stimulated to get this to the lungs for removal from the body; and, if this demand is made on a heart which is not strong enough to endure prolonged work, trouble may result.

It is perfectly clear that the danger may be diminished, indeed, practically obviated, if we lessen at first the duration of play and increase the time of rest; or, if at the first we play but one-half of ten minutes. The danger is also lessened if not obviated by the modifications embodied in the rules given in this number. That these modifications do avoid the danger is indicated by the following facts which have come to my notice; no doubt others can give similar evidence:

Two of our women's collegēs have used basket ball for a number of years. One of them has used the men's rules, the other the women's rules; in both of them the players were under medical supervision. At the former school there have been a suspicious number of cases of "bicycle" hearts among basket ball players. At the latter not only has this trouble not occurred, but during moderate use of the game (once weekly, with four weekly gymnasium exercises) from November to March, several first year students with exactly this trouble became perfectly normal and played on the class team. It seems to me that the division of the field into three parts, with the consequent limitation of the possible amount of exertion, gives an amply sufficient explanation of these results.

This leads us to the great physiological use of games like basket ball in physical training. Gymnastic work excels all other work in corrective value, and is needed in the conditions of our modern school life for this reason. There can also be no doubt that it can and, as far as possible, ought to be given so as to train a certain amount of what is called endurance; that is, the ability to maintain moderate work for long periods of time, or vigorous work for fairly long periods of time. But gymnastics is not a convenient, and it is very doubtful if it is ever a practical means of doing all in this direction that an all-round physical training demands. With the exception of marching and running, gymnasium work involves rather the vigorous use of muscles for very short periods at a time rather than the continuance of muscular activity for longer periods of time. It is the latter form of work which adds up most in the end, and produces the largest quantities of carbon-dioxide, and so calls on the heart and the respiratory apparatus for most vigorous work. And this very vigorous work is the only means of training the heart and respiratory apparatus to that degree of strength and endurance which enable them to meet any demand that the conditions of life may make upon them. This, of itself, is a strong reason for the use of such exercises, of which no better example can be found than basket ball.

We can refer only in the most general way to the hygienic effect of such vigorous exercise; that is, the effect in maintaining health each day. Muscular exercise is one of the physiological conditions of health; it produces conditions in the organism without which its inherited structure cannot maintain for long a healthy life. These physiological conditions are numerous and complicated; one of them, however, is so closely connected with what has already been explained that it may be used as an example of the rest: The increased breathing movements make themselves felt beneficially in all parts of the body, aiding in the flow of the nutrient fluids (lymph) around the cells and so in the nutrition of the living units of the organism. The man or woman who does nothing to induce vigorous breathing is running a far greater hygienic risk than

when one drinks a glass of water from the notoriously bad water supply of some of our American cities.

There is a third important physiological effect of such games. In the history of individual development no fact is so plainly written as that "Whatsoever a man soweth, that shall he also reap." Especially is this true of the nervous system, which requires efficient control over the movements of the body only as the body carries out, over and over again, such movements as demand the most rapid and complicated response on the part of the nervous system; and it requires but a moment's reflection to see that these games meet these requirements to a remarkable extent, probably, indeed, as nothing else does. The writer has heard of a case where it became necessary for two young ladies who had played basket ball to dodge a runaway horse, which they did successfully. They themselves believe that they would not have escaped uninjured except for having played a game of the kind. The cautious scientist is slow in expressing an opinion on a specific case of this kind, but he need have no hesitancy in asserting that such games train to a remarkable degree the power of the nervous system to do the right thing at the right time in order to meet sudden and unexpected situations; and this is a kind of muscular control which it is well worth while to acquire.

We may sum up the results of the previous discussion as follows: Basket ball involves a large amount of work with a proportionately small element of conscious fatigue. It consequently makes larger demands on the heart and other organs of respiration than the player realizes, and in this lies its danger. This danger can be successfully avoided, however, by proper attention to training and by proper regulation of the game itself; indeed, we may add that few other games can be so easily regulated to meet this end. When so regulated, it is in every way a good thing for the heart which it trains to strength and endurance. It moreover trains the co-ordinating nerve centers to a high degree of muscular control, and, above all, it is a most efficient agent in producing those general hygienic effects of muscular exercise which constitute the chief reason for the use of muscular exercise at all.

Basket Ball

DR. DUDLEY R. SARGENT, HARVARD UNIVERSITY.

Basket ball is one of the few games of which the present generation has had the opportunity to observe the origin, history and development.

It originated in the International Training School Gymnasium in Springfield, Mass., some twenty-five years ago, although baskets fastened to posts and trees had been used for goals in ball games in Germany early in the last century.

The design of the originators of the present game of basket ball was to furnish an interesting game for the gymnasium that would vary the monotony of stereotyped drills and give an opportunity for the development of some of those mental and moral attributes which are so important in the formation of character.

Inasmuch as the game was first tried out in a Christian Association gymnasium, let us assume that the chance to cultivate some of the Christian graces, as well as the manly virtues, was not entirely absent from the minds of the originators.

In drawing up the rules to govern the game and keep it from degenerating into a rough-and-tumble fight, some of the first essentials seemed to be to prohibit running with the ball, holding the ball over five seconds or tackling a person having possession of the ball. Anyone familiar with the American game of foot ball knows that this style of play has frequently threatened the life and permanency of the game itself.

The great objections to all antagonistic games are the dangers from accidental injury through violent personal contact, and the opportunity afforded for intentional injury from foul play, due to loss of temper or innate viciousness.

In eliminating the possible chances for violent personal encounters in modern basket ball, the original framers of the rules

built well—perhaps better than they realized at that time, as the game was then untried or still in the making.

The great defect in basket ball as a game is the impossibility of providing a good natural defense, such as is furnished in ice and field hockey, lacrosse and association foot ball. In basket ball, if anyone is skilful enough to make a goal from any part of the field, no one can prevent such a person from doing so, as it is impossible for a guard to get between the thrower and the curve or trajectory of the ball, as in hockey or lacrosse.

This defect in the game, due to the peculiar form and location of the goals, has undoubtedly put a premium upon some kind of personal contact or interference as the only means of preventing an opponent from scoring a goal.

A positive menace to the continuance of basket ball as a sane and rational game is its tendency to become so rough, fast and furious as to be highly injurious to the health and morals of both players and spectators. The hard floor, brick walls, restricted area, crowded room, vitiated air and close proximity of the excited partisans watching the game, all tend to develop an unnatural strain and tension to which our high-strung youth too quickly respond. Is it a wonder that overworked hearts, congested lungs, crippled limbs, exhausted nervous systems and irritable tempers have frequently resulted from this forced and unnatural style of play?

Fortunately for the preservation of basket ball, some of us who saw its good points over twenty-odd years ago realized that in order to adapt it to the use of women and girls certain modifications would have to be made in the rules and regulations then governing the game. The hair pulling, face slapping, clinching, striking and kicking contests that led up to this decision are all vividly in mind. So are the bitterness of feeling engendered, the false accusations, the criminations and the recriminations in the newspapers and all the other little pleasantries that seemed to be the natural accompaniments of the game back in the early 90's.

All of this barbaric rudeness ill temper and unsportsmanlike conduct was largely eliminated by adopting what is known as

the "line game," and the regulations prohibiting all running, tackling, holding or personal interference with the player having the ball.

The chief essentials in the "line game," so called, are to have the field of play completely surrounded by lines and divided by lines running across the field, dividing it into two or three sections according to the size of the playing space. Small courts are usually divided into two sections, with a line running across the center, and the large courts into three sections, one at each end and one in the center. Some of the advantages of a court thus marked off and defined by lines are as follows:

It enables the instructor or coach to confine the forwards, guards and centers to their respective fields of play, so that no one player will get possession of the ball and by running, dribbling, etc., undertake to play the whole game. Thus confining the different players to their respective places puts a premium upon quick and accurate passing and catching of the ball, which are prime essentials in good playing.

It leads to a better development of the team game where every player must play his special part with respect to some other player or to the team as a whole. This required mutual dependence always tends to improve the personnel of the team in any game and especially so in basket ball.

Confining the players to certain spaces tends to prevent the high-strung and nervous players from exhausting themselves in running back and forth from one end of the field to the other. If hard pressed, a player may quickly pass the ball to some other player on the same side, and thus get relief for a few seconds. It matters little to whom the ball is passed, so long as it is kept out of the hands of an opponent until an opportunity for scoring is presented.

This style of game enables the players to keep their poise as well as their heads and tempers and to make a larger percentage of goals from actual tries than the unconfined style of play.

We will admit that it is a little provoking to have a brilliant play nullified because some inadvertent player has accidentally

stepped over a line—or to have a fast and exciting game repeatedly stopped for a free try-for-goal on account of this seemingly inconsequential error.

Yet those of us whose business it is to examine athletes and who know that basket ball as played under men's rules is harder on the heart and lungs than foot ball, have reason to be thankful for these few minutes' interruption in what otherwise would soon become an over-strenuous and exhausting game.

But the wise one in athletic lore will say that all of this "interference" with free play "slows up" and "spoils" the game. We will admit that the lines of restriction tend to slow up the game as we have already shown. For this reason, I contend that the lines are good things, for the game was sadly in need of being slowed up in order that the average boy and girl could play it with safety. That the adoption of the lines and restrictions of the field tend to "spoil" the game I positively deny.

On the other hand, I maintain that the adoption of the lines and the rules governing this style of play has preserved the game—for women and girls at least. (I cannot help thinking that the game as played by men and boys could have been correspondingly improved by similar restrictions and regulations.)

I do not know of a single instance where basket ball for girls, played according to the "line game" rules, has been prohibited. Where basket ball for girls has been forbidden by the institutional authorities it will almost invariably be found upon investigation that the game had been played according to men's rules.

I think that the management and regulation of the line game of basket ball for women and girls for the past twenty-five years is an admirable example of its practicability.

Relative Merit of the Men's Rules and Women's Rules*

BY AUGUSTA LANE PATRICK,

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Newark, N. J.*

Experience has proved to me what many conversations failed to impress in relation to basket ball. To insure its best results this game must have rules applicable to all, and so presented that misinterpretations shall be at a minimum. The question arises, "Is it advisable for women to use the men's rules?"

Some years ago I fully believed in the affirmative. I contended that the game could be played without roughness; that under these rules it embodied more skill, developed more "nerve," to use the popular expression, and aroused greater enthusiasm. To-day I as strongly advocate the women's rules, allowing my girls to play under no others. This change grew out of Mrs. Abbott's remark during our discussion: "Give these rules a fair trial." I did so, and have become a convert.

Under the men's rules our teams were not successful. The girls became exhausted before time was called, owing in part to the excitement of the game, but as well to loss of energy owing to confused and purposeless movements, a characteristic of the schoolgirl age. Each game was watched by me with nervous apprehension, for fear that some heart, through excessive labor, become permanently weakened. It was necessary to shorten our halves at least five minutes and sometimes more. Yet the players were high school girls, strong and in good health, who, as they matured, were better able to hold their own. Our record was a series of defeats, the reason for which we could not fathom, and the humiliation rather dampened our enthusiasm.

When we adopted the women's rules our record changed. In convincing others, I convinced myself.

* Reprint from an earlier Basket Ball Handbook.

The first year the teams used these rules under protest, but the second, the girls refused to play by any others. From that time we began to win, and our schedule recorded eight victories out of ten.

To what can this change be attributed?

To the facts that:

(a) Since each player is limited to a certain territory the severe strain is alleviated. The interval when the ball is in play at the other end of the field, gives each a chance to regain breath and bearings. The field lines dividing the courts have been the source of much ridicule, and considered a great drawback, as at first so many fouls resulted in a slow, uninteresting game. But with practice the whistle was blown less, and there have been many games where the linesmen were given no opportunity to call fouls on our team. With expert players, the location of these lines becomes almost intuitive, and in no way a hindrance to the game.

(b) In the rule forbidding touching the ball while in another's hands, roughness receives a decided check. Though some feel that by this, the play degenerates into a ladylike pastime, one has but to see a skilled game, to realize that still enough of the strenuous element remains to develop courage in a marked degree. It is not as pronounced under the women's rules, but it is quite sufficient in this fight for victory to make the most brilliant player "shaky."

This rule trains to an almost wonderful degree, the power of inhibition, and in conjunction with the one on "holding," which develops speed and quickness, strengthens mental qualities highly desirable. This is by no means as marked in the men's rules.

(c) Team work is as necessary under the women's rules as the men's rules. In the former, goal-throwing is left to the forwards as is intended, and the play degenerates less easily into individual work. Team work may be made just as scientific, skillful and artistic with field lines as without. These debar the rush from one end of the field to the other, but the passes are just as attractive.

(d) Again the women's rules make the game one of enjoyment. The girls are able to play the full time and feel only healthy fatigue after the game. The interval of quieted motion gives the heart the necessary respite which acts as a preventive to strain.

(e) One more point of note is the increased number who are anxious to play, and surely every effort that inspires loves for healthy sport should be made. The interest in the game is more widespread, and its possibilities attract many more girls. Timid girls, nervous girls, lazy girls, energetic girls, alike receive benefits which build up character as well as physique. Almost marvelous have been some instances of the development of self-control and mental as well as physical alertness.

When we have succeeded in having girls join in the game for the sake of sport, taking defeat in an heroic, victory in a magnanimous, way, then we have instilled in young womanhood traits of character which help to make the woman of the future such, that of each may be said: "A perfect woman, nobly planned."

Basket Ball for Women

BY C. WARD CRAMPTON, *M. D.*,

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Basket ball, particularly the "line game," is a useful form of physical training for girls and women.

Recognition must be given to the fact that the incentives which stimulate the girl are not the motives which guide the physical training teacher.

The teacher's purpose is to use the game to inculcate a habit of hygienic living, to provide organic exercise, to develop motor skill and to stimulate the social-athletic qualities of courtesy, fairness and co-operation.

The girls wish to play a game to have a good time and to be on the winning side.

The teacher must be alert and skilful to obtain her ends by utilizing the competitive urge and never permitting her purpose to become so obtruded as to diminish the immediate interest in the game.

The utmost care must be taken to prevent the girls playing at unauthorized times and none should practice and play until a thorough physical examination is given.

Skilfully directed and controlled, there is no better game for girls than basket ball.

Organization and Coaching of Basket Ball

BY EMILY A. O'KEEFE,

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ORGANIZATION.

The formation of an athletic association will in itself almost insure success of athletics in a school. This organization should be open to all the school, both for active and associate membership. The purposes of the association should be to create interest in athletics, to raise funds for their conduct, and to form policies for their management in the school.

After the organization for athletics in general, the special branches may be considered, and one of these should be basket ball.

Where there are facilities for out-of-door basket ball, the game should be organized at once when school opens in the fall. Where this is impossible, the organization should be postponed until the opening of the indoor season, about November 15. The opening of the basket ball season should be advertised throughout the school and the girls should be given a period of time to signify their intention of joining the squad. This may be done by having the girls sign their names on a card posted on the bulletin board. Every girl who can present a physician's certificate of physical fitness should be allowed to take part in basket ball practice. When the time for "signing up" has come to a close, a general meeting of all those wishing to practice basket ball should be called. At this meeting the girls should be divided into squads, a captain for each squad should be appointed and a schedule of time for practice should be arranged. The captain should be held responsible for the attendance of her squad and should feel it her duty to see to it that all report for practice promptly on the day and at the time for which its schedule calls.

In forming the squads care should be used to organize the girls according to their strength. Girls of great strength and en-

durance should be put into a squad with girls of equal strength, and the weaker girls should be grouped together. This allows the coach to arrange for less vigorous practice for those girls who at the beginning of the season have not very great physical strength.

After the organization of the squads as we have described, the coach should be relieved of the details of keeping track of the girls for practice. This should be placed on the shoulders of the captain of the squad, who should be given a record book in which to keep the attendance and a record of progress of the players on her squad.*

The coach should instruct the girls at the general meeting regarding their costume. A neat costume of middy blouse, bloomers and gymnasium shoes should be advised and a ban should be put on corsets. The coach should also instruct the girls in the matter of arranging their hair neatly and securely.

PRELIMINARY PRACTICE—THROWING AND CATCHING.

In order to insure clean-cut throwing and catching of the ball, preliminary practice should be given as follows:

The players should stand in two lines facing each other, with plenty of space between each girl, and about fifteen feet between the two lines. The ball should be passed in zig-zag line from the head of the lines down to the foot and back, using—

1. *Chest throw*.—The ball should be held in both hands and should be thrown straight out from the chest.
2. *Side throw* (right and left).—The ball should rest between the hand and the forearm and should be rolled off the arm with a body swing. The ball should be caught in both hands and quickly shifted to the right or left, as the case may be.
3. *Shoulder throw* (right and left).—The ball should be held in both hands over either shoulder and should be thrown with a push.

* It would be well if she were also held responsible for the physical fitness of the girls playing.

4. *Overhead throw.*—The ball should be held in both hands over the head and should be thrown with a swing of the forearms.

To insure accurate form, all these throws should be practiced slowly at first and then more rapidly. The speed may be regulated by the coach clapping her hands. During this practice the ball may be caught first with both hands and then with one hand.

When the different kinds of throws and catches have been mastered, the players should be lined up in a semi-circle, with the coach or one of the players in front. The ball should be passed to the players first in order in which they stand and then changing the order to train the players not to be taken unawares. All throws and catches which have been mentioned above should be used in practice. (Diagram 1.)

The same practice may be carried on with the players standing in a circle and the coach in the middle. (Diagram 2.) While in this formation the coach may try throwing the ball over the heads of the players, teaching them to jump for it.

Diagram 1



Diagram 2



PRACTICE IN GUARDING—GUARDING A THROW.

The players should stand in pairs facing each other in a double line, and the coach should stand about fifteen feet from this line. (Diagram 3.) No. 1, who is facing the coach, tries to throw the ball to the coach, while No. 2 tries to prevent the passing of the ball from her opponent to the coach. The players may change places in this practice.

Diagram 3.

GUARDING A CATCH.

The players should stand in a double line, both facing the coach, who is about fifteen feet from this line, No. 1 behind No. 2. (Diagram 4.) No. 2 tries to prevent the passing of the ball from the coach to No. 1. No. 1 may use a signal to the coach and may practice slipping in front of No. 2 to catch the ball.

Diagram 4.

GOAL PRACTICE.

1. The players should stand in a semi-circle around the basket. The first player throws for the basket. Whether or not the ball has passed through the basket the first player should run forward, catch the ball and throw it to the next player and then take her place again in the semi-circle. This should be repeated by each player until all have had a chance to throw. The types of throwing in "Throwing Practice" may be used.

This practice may be varied by having the second player jump for the ball after the first player has thrown, and by having her throw for the basket from the spot she gets the ball.

2. Players should be lined up along the centre of the gymnasium and, in turn, should run down toward the basket, catch the

ball on a pass from the coach and throw for the basket, using a jump in doing so. This should be practiced approaching the basket from each side and from the center. In trying for a goal the ball should be aimed directly at the basket, although it is possible to make a goal by depending on the backboard to deflect the ball into the basket. (For directions in throwing for the basket see "How to Play Basket Ball," No. 193 Spalding's Athletic Library.)

PRACTICE FROM FOUL LINE.

The player should stand behind the foul line, giving proper attention to the position of the feet, and should practice throwing for the basket using the following throws:

1. *Chest throw* (overhand).—The player should hold the ball in both hands in front of the chest. Bend both knees, jump and push the ball out from the chest, twisting the wrists so that the palms face outward toward the basket as the ball leaves the hands. Care should be used not to overstep the line.
2. *Underhand throw*.—The player should stand feet apart behind the foul line with the arms stretched forward, the ball held in both hands, and take aim for the basket. The ball is then swung down between the legs, keeping the eye on the basket, and is thrown forward and upwards, twisting the wrists as the ball leaves the hands.

In coaching beginners all the above practice should be given before attempting plays on the field. Advanced players will also benefit much by such practice carried on along with their field practice.

FIELD PRACTICE—PRELIMINARY.

During the preliminary practice the coach should have been on the watch for material for guards and forwards. In placing the players on the field, she should put each player in the place in which the player shows the greatest aptitude.

Owing to the preliminary practice, the player by this time should know what is expected of her in the position she is to play.

It is a good procedure to practice each team separately to enable the players to become familiar with each other. It is in this practice that players may be taught to catch the ball while running and to throw it immediately.

ZIGZAG PASS FOR ONE TEAM.

The coach should throw the ball to the right guard, who should pass it to the left guard. Left guard should pass it to the right center, who should pass it to the left center. The left center should pass the ball to the right forward, who should pass it to the left forward. The left forward should try for the basket. This may be done by beginning with the left guard.

THE STRAIGHT PASS.

The coach should throw the ball to the right guard, who should throw it to the left guard. The left guard should throw it to the left center, who should throw it to the right center. The right center should throw it to the right forward, who should throw it to the left forward. The left forward should try for the basket.

The passes may be practiced by two teams on the same court, each team having a ball and disregarding the play of the other team.

Emphasis should be laid on having the passes always progress forward toward the opponents' goal.

When one guard gets possession of the ball, the other must invariably move up the field to receive the pass. The forward who is to receive the pass must always run nearer the basket.

At this point both teams may be lined up opposite each other and the formal game may be begun.

The coach must be careful to drive home the idea of team work, and should stop the game as often as necessary to offer suggestions for good plays in place of any poor ones that might have been made.

ADVANCED FIELD PRACTICE.

When the players have mastered the preliminary practice, the coach and the players should carefully go over the rule book

together. The spirit of the rules should be faithfully observed. Great care should be taken to prevent unfair, tricky play, and it is in this connection that the coach can do most by holding up high ideals of sportsmanship to the girls in her charge.

Signal plays of various sorts may be worked out, such as the center signalling with her foot to indicate to which side she will bat the ball on the first jump. When she signals that she will bat it to the left side, the left forward tries to draw her guard off by running back, away from the line. The right forward misleads her guard by running forward towards the center. The left center circumvents her guard and catches the ball as it is batted and throws it to the left forward. The left forward dashes forward to catch it and the right forward finds her way quickly under the basket. The ball is passed from the left forward to the right forward, whose chances of making a goal should be excellent.

This is only a suggestion as to signal plays. The ingenuity of the players may be allowed full swing within the limits of fair play, and many signal plays can be worked out.

It would seem a necessity that every player in a match game be familiar with the duties of all the officials of such a game. She will in this way better appreciate the authority of an official, and better understand his decisions.

TOURNAMENTS.

The basket ball season should be brought to a close with a tournament. This will furnish a motive for systematic practice and afford an opportunity to realize the ideals of good sportsmanship that have been held up to the girls during the practice games.

Each grade in the school should be represented in the tournament by a team, every player of which has been selected for her excellence in playing the game. Preliminary games between the different teams of the same grade should be played to determine the strongest combination of players to represent each year. A player's record of goals and fouls should be carefully kept and

should serve as a guide in choosing the players for the grade teams. The girls themselves should assist in choosing the team to represent their grade.

When the preliminary games have been played off, the final schedule of games should be arranged and posted. Every team should play every other team, and the team winning the greatest number of games should be awarded the trophy.

SCHEDULE OF FINAL GAMES.

	First year.	Second year.	Third year.	Fourth year.
First year.....	..	Dec. 1	Dec. 3	Dec. 5
Second year.....	..	..	Dec. 7	Dec. 9
Third year.....	..	..	..	Dec. 11
Fourth year.....	..	..	..	..

It requires a series of six games to decide the tournament when four years are represented. In case of a tie, extra games must be arranged.

Intra-school tournaments of this kind should be emphasized. They can be made to take the place of inter-school games and they do not furnish the extreme nervous tension which almost always occurs in games between rival schools. Much importance may be attached to games between the classes of one school and much enthusiasm and interest may be aroused by offering a simple trophy to the winners of the tournament. The trophy may be a shield or plaque on which the name of the winning team may be engraved and which could be hung in a conspicuous place in the school. The school letter may be awarded to each player on the winning team, and it is always a desirable reward.

It is always a question as to whether or not to throw the games open to the entire school and whether or not to charge an admission fee. It would seem the best policy to allow all members of the general athletic associations and their friends to be present, and to do away with an admission fee. The money for the conduct of athletics should be available from the general funds and "gate money" should not be connected with our athletics in any way.

Athletics for Girls*

BY ELIZABETH BURCHENAL,

*Inspector of Athletics Board of Education, New York City;
Executive Secretary Girls' Branch of the Public Schools
Athletic League.*

Why do we not urge athletics for girls more vigorously? Surely we all want to win back a race of splendid women abounding with that wonderful vitality and joy of living that springs from glorious health and physical fitness.

If you are honest, I think you will admit that it is because we do not know just what it is we want to advocate for them. Where is the man or woman who will for a moment claim that athletics could ever grip the mind, heart and soul of the girl as it does that of the boy? Indeed, athletics do not exist at all for girls in the same sense that they exist for boys. To the boy, athletics are the very breath of life—do you think they are to the girl? I believe boys' athletics and girls' athletics serve two different purposes: for boys, primarily as a necessary outlet for their inherited fighting instinct; for girls, as a substitute for the natural, wholesoul, exhilarating activities which are necessary to health and happiness, and of which convention and dress and resulting unnatural habits have deprived her.

Hence, girls' athletics are to my mind of equal importance with boys', but based upon entirely different fundamental principles.

Two separate groups of athletic exercises for boys and girls chosen with this principle in mind might incidentally overlap each other, as in the same way the physical and mental characteristics and interests of men and women as human beings overlap each other, and yet men are men, and women are women.

* Reprint from 1915 Handbook of the Girls' Branch of the Public Schools Athletic League of the City of New York.

Athletics in their commonly accepted sense (by which I mean the athletics of men and boys) are the inheritance of boys. They have evolved from the primitive pursuits and activities of men—not women.

It is therefore to my mind as illogical to attempt to establish the use of men's athletics for girls and women as to fit a circle into a square—which obviously only touch each other at certain points.

Organizations like the Amateur Athletic Union and athletic meets like Olympic games are tangible evidences that athletics are a great vital factor in the life of men. Compare with these the so-called girls' athletics of the present day. They exist almost entirely in a few of the women's colleges, where out of the large numbers there is a very small percentage of exceptional girls built something like men to whom men's athletics appeal. But even the most proficient of these can do but poorly what to the average youth is natural and easy. This small minority cannot be accepted as evidence that men's athletics appeal to the average girl.

We must try to supply opportunity for the mass of girls to engage in healthful, natural, exhilarating, physical activities—call them athletics or what you will—and we must take girls as we find them to-day, not as we hope they may become in time.

I wish we might break away entirely from the idea that in order to have athletics for girls we must approach the subject from a man's point of view, and that we might face the issue squarely and evolve our own sports regardless of whether or not they coincide with those of men.

Several years ago at a convention of the Public Schools Physical Training Society, New York City, the subject of athletics for girls was discussed. The speakers were Dr. Sargent, Dr. Gulick and Dr. Arnold, representing the physical training point of view, and Miss Blake, the principal of one of the large elementary girls' public schools in New York City, who had had opportunity to observe the moral and physical effects of boys' athletics on young girls. Miss Blake

spoke as a layman, but observation had strongly convinced her of the evil effects, both physical and mental, of the continued practice of boys' athletics by girls. Dr. Sargent pointed out the essential points of difference between the build of the typical woman and that of the typical man, and showed in terms of mechanics that certain athletic exercises of men were impossible or difficult for even unusually muscular women. Dr. Arnold spoke of the vitality of girls and of their power of endurance, and Dr. Gulick gave a vivid picture of the origin and evolution of men's athletics, showing clearly what girls' athletics *are not*. But in the end they all three agreed that beyond a certain point they could not go, that it was a question which women must answer themselves.

If we are ever really to have athletics for girls generally, we must settle at least the following points:

1. What exercises are likely to be injurious internally to matured girls?
2. What exercises are mechanically suited to the build of the average girl?
3. What are suited to her muscular strength and endurance?
4. What will contribute to her health and vitality and help to fit her for a normal woman's life?
5. What form of physical activity comes nearest to containing for her the primitive appeal that athletics in the accepted sense hold for boys?

In order to secure some definite information from which to form unbiased conclusions, I presented these questions to several of our highest authorities in physical education in this country, and about forty women, all graduates of various schools of physical training, who either had practical experience in athletics or wide opportunities for observation. Some of these women are now wives and mothers, some are practising physicians, the remainder are directors or teachers of physical training. I believe that if there were any consensus of opinion among such people as these it would be of great

value to have it known. The material thus collected is of such significance that I present some of it to you verbatim.

The five people from whose replies I quote represent five different points of view.

1. A woman prominent in the physical training world, who has made a long and close study of the effects, both mental and physical, of physical training upon young women, writes:

"So far as I have observed track athletics for girls, I should eliminate them virtually. Basket ball (women's game), played under strict supervision by girls who are in training and in splendid physical condition, is permissible.

"Indoor base ball, which we play outdoors, field hockey, tennis, golf, walking, running, climbing, skating, horseback riding—cross saddle for very young girls and cross and side saddle for adults—swimming, rowing and dancing we believe to be most desirable exercises, and I would add snow-shoeing, skiing, paddling and coasting. Most of these kinds of exercise in moderation and under supervision may be given the average immature or mature girls."

2. The following was written by a woman, now married and a mother, whose physique and build at the age of seventeen, when she began the practice of men's athletics, was practically the ideal one for a woman whose vitality was high, whose strength and agility were far above the average girl's, and whose physical condition was practically perfect:

"By my continued practice of high jumping, vaulting, and other violent exercises, I was injured internally, and I know of several others who were also.

"I don't like jumping, high or broad, weight throwing or pole vaulting for girls. The others are all right if not overdone. The thing that appealed to me perhaps more than any other was

swimming, and after that, tennis and the other lighter athletics and sports."

3. The following was written by a woman, now married and a mother, who was one of those exceptional girls with a build somewhat resembling that of a youth, who could and did practice exercises usually possible only for men, and who was allowed to follow unrestrained her own desires in this line:

"I have felt that my internal derangement was caused by my violent physical exertions. You probably remember my wild ambitions. But besides that, I feel very strongly that I sapped my strength and vitality to a degree from which I never have and never shall recover. I can see much benefit in different ways from the less violent exercises, but the overdose of practice and the unrestrained activity of every kind I cared to engage in have detracted from the benefit materially and done positive harm, I believe."

4. Dr. Mary Rees Mulliner has authorized me to quote her as follows:

"I know of quite a few girls and women who have been injured in taking such exercises without proper safeguards. The exercises have been harmless when taken under proper superintendence and assistance and when the vitality was high. I have known of injury to the pelvic organs and the general health by vigorous exercises at injudicious times. If the competitive element is decidedly subordinated, I don't see why a girl of good physique and normal functions could not use these exercises to advantage. Working for records or in competition is the element that is likely to be mischievous, but if a girl takes the exercises in moderation there is no necessity of harm being done. You will see that it is not what is done

but how and when, that I consider of the utmost importance."

5. A man of international prominence in physical education and authority in mechanics of exercise made the following classification of my list of athletic exercises:

(a) "Exercises to which the build of the average matured girl is adapted from a mechanical point of view:

Canoeing, dancing, horseback riding (both cross and side saddle), rowing, running, skating, swimming, walking.

(b) "Exercises which are suited to the muscular strength and endurance of the average matured girl:

Archery, basket ball (women's rules), field hockey, golf, high jumping, indoor base ball (played when possible in the open air), lacrosse, low hurdles, putting 6 lb. shot, running from 100 to 400 yards, tennis, throwing base and basket ball.

(c) "Exercises which would tend to keep her normal and healthy and would be of benefit to her later as a mother.

Canoeing, dancing, rowing, running, swimming, walking."

After compiling all the answers to my questions I have arranged the different exercises into five groups, as follows:

For the Mature Girl

1. Condemned—Broad jump, high jump (in competition), pole vaulting.
2. Doubtful—High jump, running more than 100 yards (in competition), weight throwing.
3. Safe—Archery, ball throwing, basket ball (women's rules), climbing, coasting, dancing, field hockey, golf, horseback riding (cross and side saddle), indoor base ball, low hurdles (not in competition), paddling, rowing, running (not in competition),

skating, skiing, snow-shoeing, swimming, tennis, walking.

4. Especially beneficial and suitable—Dancing, paddling, rowing, running, swimming, walking.

For the Immature Girl

1. Condemned—Pole vaulting, running more than 100 yards, weight throwing.
2. Doubtful—Basket ball, field hockey.
3. Safe—Archery, ball throwing, broad and high jump (not in competition), climbing, dancing, horseback riding (cross saddle), low hurdles, paddling, rowing, running (not in intense competition), skating, swimming, tennis, walking.
4. Especially beneficial and suitable—Climbing, dancing, jumping (in moderation and not in competition), running (in moderation), skating, swimming, walking.
5. Best loved, most commonly practiced and with greatest primitive appeal—Dancing (greatest unanimity of opinion in this answer), basket ball, jumping rope, running games, swinging, swimming, tennis, climbing.

Outside of the essentially out-of-door, which are practically barred to the masses, this gives us the following:

Ball throwing, dancing, jumping (in moderation), low hurdles (in moderation), running (in moderation), skating, swimming, walking.

In these the combative element could be subordinated:

1. In running and hurdling, by making them relay events only.
2. In jumping, dancing, swimming, skating and climbing, by working for form.
3. In basket ball and other team games, by making them games of wit and agility played for the fun of it, rather than of brute force, personal contact and

played for the sake of winning, and by abolishing inter-scholastic match games and encouraging inter-class games only.

Let me in conclusion recommend:

1. That extensive athletics for the average girl be encouraged.
2. That the fighting element be subordinated.
3. That proper safeguards be made against injury.
4. That this difference be made between boys' and girls' athletics—let the former be for fighting, if it must, but preserve the latter as sport and recreation.

The Necessity for Supervision of Basket Ball

BY DR. J. ANNA NORRIS.

*Head of the Department of Physical Education for Women,
University of Minnesota.*

Basket ball is the most popular of the indoor games for women and girls, and the most strenuous. It is such good sport that it frequently tempts girls to play who are physically unable to stand so vigorous a form of exercise. One girl, in the writer's recent experience, applied for permission to play, although she had been warned that an organic heart lesion would always necessitate her limiting herself to mild forms of exercise. Nevertheless, the fascination of the game was so great that she would have assumed the risk, since at that time her general condition was better than usual.

Where basket ball is played there should be a rigid rule that a *medical and physical examination must precede a decision as to fitness for the game*. Such conditions as defects of the heart, serious spinal curvature, anemia and a generally run-down condition should be detected at this time, and their recognition will stand as a saving barrier against allowing the girl to participate in a sport that might injure her. The need of supervision does not cease, however, with the preliminary examination. The condition of the girl both before and after play should be carefully noted. Undue breathlessness while playing may be significant of fatigue which is being carried so far as to injure the girl. Careful supervision would prevent her playing full time in this condition, but might determine that a shorter period would result in a favorable reaction, with the result that the girl would not be deprived entirely of a game which has so many excellent features.

Sometimes a girl will not show any signs of weariness during the practice, but later on will develop a reaction which may be unfavorable. She may be nervous, tremulous, unable to study in the evening, unable to sleep as well as usual the night following the game. In any one of these ways she may show a

state of over-fatigue which calls for consideration. The instructor's responsibility, therefore, does not cease with the observation of the game itself, but should include a report of later developments. If this is not done it is quite likely that the mother of the girl will take her out of the game entirely, considering that basket ball, *per se*, is too strenuous. A careful instructor, however, if she knows early that a girl is showing too much fatigue, has it in her power so to modify the girl's participation in the game as to rid it of the factor of over-exertion. In fact, a girl so safeguarded may gradually gain in power until she will be able to play the full time with the rest of the class.

The rule that the girl should not play during the menstrual period is often not observed. The feeling of responsibility to the team, in itself a valuable incentive, may be so great that a girl will disobey all directions in this matter. Worse than this, in some unsupervised basket ball there is no rule, and the bad results have brought much criticism of the game. Most conscientious supervision is necessary in this regard.

[In one of our large Eastern colleges for women, players are put upon their honor not to play for at least three days during this time, and the captains of the teams have charge of this. The plan works admirably.—EDITOR.]

As everyone knows who has watched or played the game, there is an immense difference between a practice game and a match game in the amount of nervous energy expended. In the latter case the girls are keyed up to a high pitch, and only those nervously stable should participate. The catastrophe of going to pieces after a game will do a girl moral harm and make her lose confidence in herself. Much judgment is needed in deciding which girls have the nervous balance to stand the test of a match game without over-fatigue.

Careful supervision is the key-note to conducting basket ball in a way that will win for it the support of the parents of the girls and of the educational or recreational institutions concerned. Properly administered, it is an excellent game for women and girls and will continue to help them, as it has in the past, to gain better physical and moral control of themselves and to enjoy life more rationally and freely.

Basket Ball in West Texas

BY F. F. MACE,

Superintendent of Public Schools, Pecos, Texas.

Sixteen years' experience as a superintendent of city schools, during which time I have encouraged girls' basket ball and have coached many of the teams, leads me to regard basket ball as one of the very best of athletic exercises for school girls. Played according to the letter and the spirit of the girls' rules, it is a game which has not a single unladylike feature. It develops the body, encourages activity and discourages sluggishness, and brings out and trains the best qualities of mind, spirit and character. Rightly understood and rightly used, it is one of the best aids which can be introduced into a school.

But in introducing it and in guiding it along right lines we have several difficulties to contend with in this part of the country. In many localities, with the exception of a few central points, the towns are small and far apart. In many of the schools it is difficult to secure enough older girls to make up a team or to secure practice. When a team is organized and drilled it is difficult to secure match games, as the expense of traveling long distances is prohibitive to the smaller schools. Then, too, many coaches and many officials, not having had the opportunity of viewing the well organized and well conducted games of the larger leagues, miss the true spirit of the game. The idea of *winning* is too much fostered. Instead of leading the teams to play the game for the sake of the game, and thus building up a spirit of kindness, good will and courtesy, the idea of winning at any cost and by any means is often encouraged. I am speaking here not of the general rule but of the exceptions which we are forced to meet and which mar the pleasure of the sport. This ambition to win without regard to higher ideals often accentuates and renders more bitter the jealousies which exist between town and town. Hatreds spring up which the better intentioned coaches, officials and teams can-

not overcome even by yielding far more than the dictates of courtesy would ordinarily demand. This militates against the game. Parents object, and rightly, to their children's playing in games which will lead to wrangling, rudeness, and sometimes to disgraceful discourtesy. The same spirit leads to roughness in the game, often unhindered by the officials, which produces physical injury to the players and thus brings opposition from parents. Again, failure to enforce the rule requiring courteous treatment toward the visiting team and officials renders officials and teams both loath to enter a contest.

But these difficulties can be, and are being, overcome. More and more the idea of justice, fairness, kindness, courtesy, of bearing defeat without bitterness and without fault finding, of winning without undue boasting and without injuring the feelings of the vanquished, are becoming the dominating factors of the games. With this altered condition goes an altered condition in the attitude of parents and school authorities toward the sport. Basket ball, the right kind of basket ball, is surely winning its way into our schools. On nearly every schoolground in a town of any size in West Texas may be seen one or more basket ball courts, and in nearly every one of these towns may be found a team of bright, active, ladylike and courteous girls, and coaches and officials who understand the aims and ideals of basket ball and who teach and enforce these aims and ideals. We believe that in spite of our handicap of distance West Texas will in the near future have basket ball leagues which will rival those of the older settled parts of the land.

Basket Ball Upon the Playground

BY EDWARD B. DE GROOT,

*General Secretary Playground Association of Chicago; Secretary-
Treasurer Middle West Society of Physical
Education and Hygiene.*

Basket ball upon the playground meets especially well the needs of girls. Physical needs are met in an interesting and effective manner, while social needs are met in a most timely and vital way. First of all, when girls play basket ball upon the playground they are taken out of doors for something more worth while than "dress parade" or passive amusement. Basket ball upon the playground minimizes many of the valid and fancied objections to the game within the gymnasium. Upon the playground, the game is also endowed with new virtues. When played in the playground there are neither walls nor apparatus to encounter in passing the ball and in running. The larger out-of-bounds and further rolling of the ball are advantages rather than disadvantages. Longer and more frequent "breathing spells" are thus secured in the more open court where the ball cannot be put into play so rapidly. If this makes a slower game and tries one's patience, we may not only assure ourselves that patience is a virtue worth cultivating, but that the longer period of rest is a physiological safety valve. It has long been recognized that basket ball makes greater demands upon the heart than foot ball. Why? Because in foot ball there are frequent periods of rest for the heart when the progress of the ball is checked in downs and the men line up to start the new scrimmage, whereas in basket ball there are frequent prolonged periods of play without a second of rest and consequent greater strain upon the heart. The prolonged rally and greater emotional expenditure, frequently seen in basket ball played by girls, has constituted one of the valid objections to the game. What I have just said applies particularly to basket ball when played under men's rules. The development of the "line game" by Senda Berenson Abbott

has provided a safeguard for all girls who are *wise* enough to play according to women's rules. Nevertheless, there are still a great many girls' teams playing under the old rules, and I here make the double suggestion that basket ball played out of doors under either rules is safer, and that played under women's rules is doubly safe.

Starting and stopping in running, and jumping for the ball upon the turf or dirt court, take one into a better athletic environment than it is possible to experience in a gymnasium. The co-ordinations in measuring distance with the eyes, anticipating the bound of the ball and effecting the proper height, distance and speed in passing, are much more significant in the great out of doors than in a room of comparatively meager dimensions. If the game is played upon the turf or well kept dirt court, the "ventilation" is always perfect. It is not embarrassing, but a novel experience to fall upon mother earth, if the scrimmage jostles one over. Basket ball in the open, after a little practice, will be played with perfect abandon, and participation in a game under these conditions furnishes a fitting opportunity to return to the memory, if not the practice, of tomboy days. Pity the girl who has never been a tomboy!

Before dismissing the physical phases of the game, we should record a few "don'ts."

Don't sit upon the ground between periods of play, particularly in the spring and autumn, when the ground holds an abundance of cold moisture.

Don't fail to put on sweater, coat or wrap of some sort, after playing, until the bodily temperature has returned to approximately normal condition.

Don't play out of door basket ball in gymnasium dancing shoes. Wear stout boots.

Don't chew gum, wear beads around the neck or a watch fastened upon the wrist.

Don't harangue the umpire or scold your opponent. This does not sound any better out of doors than in the gymnasium.

The basket ball court should be oriented with the long axis of the playing surface north and south. For the purpose of adequate drainage, the court should be crowned or constructed with

a convex surface, i. e., slightly higher in the centre and sloping gently to the sides. The court should be marked with calcimine or tape, as tennis courts are marked. Permanent and more satisfactory marking of lanes, centre and boundary lines, is secured when strips of wood are used. These may be inserted into the earth flush with grade and anchored with stakes on either side or nailed to stakes beneath. The boundary strips may then be painted once a season. When the frost is coming out of the ground in spring the strips of wood will be elevated above the surface, but they may be returned to place very readily by tamping them with a broad tamping stick, or pounding them down with a mallet.

We have thus far considered only the physical relations of the game to girls. When we turn to the social phases of the game we are amazed at the possibilities. In recent years the social order for women has changed with astounding rapidity. Women, everywhere, are facing a new and severe test—a test involving broader social relationships and civic responsibilities. For thousands of years men have held unto themselves, quite exclusively, all civic responsibility and most of the broader communal social relationships. The failures of men in their social and civic responsibilities may be traced to their inability to co-operate with, “give and take,” and make proper estimates of the limitations and possibilities of their fellow men. These failures in turn may be traced, in large measure, to the lack of training in youth in social occupations and team play in games and sports. Nevertheless, men have been greatly favored. Tradition and custom have furnished the means by which men have been offered a “ready made” training for civic and social responsibilities. This is in marked contrast to the meager means at hand for similar training for women. They are utterly without a traditional program of team games. Their social occupations and responsibilities have frequently not gone beyond those of the home. Economic pressure, in increasing measure, has made millions of promising young girls become mere cogs in the industrial machinery of the nation. How then may we multiply the processes by which girls may be trained for their newer opportunities and responsibilities in our seething democracy? Surely, not merely by more study and re-

flection. The experiences of each stage of life are the guides and aids of each succeeding stage of life. Every girl, therefore, should learn to play basket ball and therein experience the contacts with some of the basic phases of the new social order. In the game of basket ball a girl cannot wear conventional manners everlastingly. She must, at times, take off the mask and show her real face and the quality of mind and heart reflected therein. The true measure and value of co-operative habits are learned in basket ball; the spirit of give and take is fostered, and the habit of discerning the social and ethical qualities of neighbors is quickened. By all means, let us multiply our playgrounds and add basket ball as one of the indispensable games for the preparation of girls for the new social order. And in this process we shall distinguish between a *good* coach and a *great* coach of girls' teams, in this manner: A *good* coach will be one who teaches merely the technique of the game, while a *great* coach will be one who also relates the experiences in play to the more serious game of life.

Basket Ball as a Means of Developing Character and Efficiency

BY KATHRYN A. McMAHON,
Newtown High School, New York City.

The actual playing of basket ball is of minor importance compared to the development of character gained from a well supervised game. The final game, when there is a championship game, is simply the result of the training that has gone before. The actual playing in a championship game may not reach the standard of team work of a practice game, owing to excitement on the part of the players. The thing that makes anything worth while is the training to fit one's self for any emergency. The cultivation of self-control, consideration of others, quick, accurate thinking—and the instantaneous application of the latter—are of paramount importance in basket ball. For that reason it is better, in my opinion, not to have basket ball at all, rather than have it unsupervised or to have it coached by one who simply has the winning of the game in view. The training in self-control, responsibility, honor, etc., is not just for the playing of basket ball. Why should not these traits be emphasized in basket ball where there is such splendid opportunity for developing them?

From a variety of causes, which it is not necessary for me to note here, the girls' basket ball teams that came under my guidance when I first taught in the high schools were in such a chaotic condition that I scarcely knew how to face the situation. For the first few months I absolutely refused to allow the girls to play the game. When they had learned to respond to ordinary commands, and to show respect for others and for authority, the teams were re-organized. To impress upon the players the value and necessity of self-control, responsibility, judgment, etc., a pin was given at the end of the season to the one girl of every team who had been most helpful to her team.

That did not necessarily mean the best player, for, in the endeavor to win, some still clung to their old antagonism, the very thing against which we were fighting so hard. The pin was called the "efficiency pin," and was an inexpensive triangular one of silver and enamel, with the year in which it was won and the initials G. B. B. for girls' basket ball engraved on it. The pins differed in the enameling, every pin having its own team color. The pin stood for:

1. Fairness—In claiming only what rightfully belonged to one, such as giving up the ball immediately if the opponent had two hands on it first and not waiting for the referee to make the decision.

2. Helpfulness—In stirring up enthusiasm and showing loyalty to one's team by taking responsibility, such as reporting regularly for all practice work, in being a forceful influence and inspiration for good by actions as well as by words.

3. Cheerfulness—By taking defeat good naturedly and by making it a rule to pass no unfavorable comments about an opponent.

4. Uprightness—To do the right thing because it is right, no matter how small or insignificant the thing may seem, whether it be reporting on time, dressing properly, etc.

5. Politeness—Remembering that the same rules of etiquette hold good whether on a basket ball court or in a drawing room.

6. Quietness—To show one's self-control to such a degree that a game may be played without any talking.

The pins proved such a success that we have continued the scheme and they are now given annually to the most efficient player of every team. The girls do not know to whom the pins will go until they are awarded on the day the basket ball trophy and other athletic honors are given out.

Another scheme that was tried when things were at their worst was a social. After each of the championship games (there were three of them) all the teams had a dance in the gymnasium and refreshments were served. At the final game the players were privileged to invite a guest to the party. In that way the teams were brought into friendly relations and such a

kindly spirit fostered among the players that it was hard to tell the losers. It may not be the highest ideal to give a reward for being what one ought to be, but the best of us need a prop at times. And if these simple devices—that surely are not harmful—can help along a worthy cause, why should they not be used? In our case they have proved so effectual that we have continued to use them. The winning of an “efficiency pin” is looked upon as a signal honor by the students, though the awarding of them grows harder every year. As to the social affairs, we now give but one a year—after the final game of the series. The spirit manifest among the players does not demand even that, but it is a pleasant wind-up for the season.

Beneficial Effects of Basket Ball

BY ALICE BALLARD, CHICAGO NORMAL SCHOOL.

There are so many enjoyable forms of exercise for women that we are never at a loss to find an acceptable one. Our necessity, rather, is to choose intelligently from among them the form that is most valuable for the particular end we have in view.

Basket ball is one of the oldest and most popular forms of athletics for women. Does it merit its continued popularity? This can be answered by determining the requirements of a good all-round form of sport and applying the test to this particular game.

From a physiological point of view, an all-round game should use the large groups of muscles in repeated movements, preferably of an accustomed or inherited nature. If this can be done in the open air, the value is increased. It strengthens the vital processes, respiration, circulation, digestion and excretion, thus providing normal growth and development of the body. The only way to increase lung capacity is by forced breathing; the only way to increase the efficiency of the heart muscle is by making demands upon it for harder pumping than is usually required. In basket ball, the arms and legs and trunk are all at work; no intense effort is required of any part, but all are in movement almost continuously. No radically new movements need to be learned before the game can be played; while they are growing up, girls run and jump and throw balls. Since the theory has been exploded that a woman's shoulder is anatomically incapacitated for throwing, we have, by the way, no excuse for our awkwardness in this particular.

Basket ball is well adapted to out-of-door play. Many girls who have become used to indoor playing object at the start to taking the game out of doors, but also the reverse objection is sometimes made. Once, at least, a group of girls became so thoroughly converted to out-of-door play, even though they were at

first prejudiced against it, that they met before breakfast, three times a week during the summer, in order to have the fresh morning air for playing in the open, and were not discouraged by the heavy dew on the court, which made the ball a somewhat unpleasant thing to catch or receive against clean blouses.

The activity is so continuous as to require all the breath a beginner has at her command and the heart-beat is noticeably increased. In this lies a large part of the value of the game. And here, also, lies one of the chief duties of the coach. Often girls are willing to overtax themselves, either from excitement or from a desire to be thought "game" by other members of the team. A coach must know the physical type and limitations of the players; must be able to detect early signs of fatigue, and must be firm against protestations from the players that they are "all right." It is needless to say that increased demands upon any organ, while essential to development, must be regulated in order to bring strength instead of strain. A woman coach is nearly always better able to do these things than a man; and this is one of the strong arguments in favor of having only women as coaches for women's basket ball.

For the greatest value, from the present point of view, a sport should not only provide for the increase of vital development and muscular strength; it should develop the muscular system in such a way as to give the body the most erect poise and the greatest increase of useful co-ordinations.

Bunchy muscles and the ability to pass high strength tests are less valued now than formerly by men athletes and were never the ideal for women. Endurance in muscular feats rather than intense application for a short time, and an ease in natural movements rather than the acquisition of new and unusual movements are to be cultivated.

In basket ball a large proportion of the movements are made with the arms high and far back, the head back, and the extensors of the body, rather than the flexors, in action. This is what is needed to counteract the tendency to a stooped position brought on by the fact that most of the things we do take place in front of us and below the eyes.

A player soon learns to make every movement count, to gauge the extent and strength of her movements, and to make them as the occasion requires, with the end, rather than the means, in mind. This constitutes "style" in playing, as distinguished from the aimless and exaggerated actions of beginners. It means an adequate co-ordination, the essential element of grace in any activity.

A player is valuable to her team when she is quick as well as accurate. A winning team would never be developed altogether by practice passing, catching, guarding and goal throwing, in which form is emphasized over speed, any more than it would by constant playing of match games, in which form is sacrificed because there is not time in the emergency to consider it.

Our test for a valuable form of exercise does not stop here, however; the broader educative effects are to be considered. These are courage, perseverance, self-control, fairness, co-operation and that indefinable but easily recognizable thing, the spirit of good sportsmanship, most easily acquired from play, but called for in all relationships of life.

Courage is developed by this particular game. It is even necessary at times for the coach to help cultivate in the players a sense of the distinction between true "gameness" and foolhardiness.

Perseverance certainly is at a premium.

Self-control is necessary to a marked degree if fouls are to be avoided and a score made. The game as played according to the "Official Women's Rules," affords much better training in this respect than does any other form of the game. The strict regulations as to guarding and the division of the field into thirds not only make the game safer, but they make the play finer and of greater value to the individual.

As to the cultivation of fairness, it is the experience of many referees and umpires, as well as coaches, that the girls, as they grow older at the game, become ready not only to abide without question by decisions, but that they instinctively make accurate decisions themselves, entirely unprejudiced by team or individual interest.

Basket Ball at Girls' Camps

BY GEORGE T. HEPBRON.

Of all times and places—the summer and a camp are most ideal for the playing of games. It is then one can catch the spirit of play—one can then play all day with a clear conscience. And what more delightful game is there to play than basket ball! It has been the most popular game for girls ever since it came into existence over twenty years ago. It is played by thousands of girls of all ages all over the country, and if carefully supervised is the best all-round game anyone can play.

Basket ball is a most valuable game from the point of view of physical development; it exercises every part of the body and does not, like most other games, exercise one side of the body more than the other. It trains the mind to think and act quickly. Especially it teaches, as no other game, the spirit of co-operation, the desire to work for the team instead of for oneself, loyalty—traits that the woman of to-day vitally needs.

From a practical point of view it is a splendid game to play in a camp, as it gives a surprising amount of exercise and pleasure the very first time one plays it, and with each practice the pleasure and interest are increased. Until teams are chosen, if the open air field is large enough, it may be played by a goodly number (say ten or twelve on each team) at one time. Young girls also may play it with perfect safety, provided they are never allowed to play it without supervision, and are given numerous periods of rest during the practice.

Every girl in camp should be given an opportunity to play the game.

If the coaching has been intelligent the following results will be accomplished: Team work; poise under excitement; balance in either victory or defeat; co-ordination of a highly practical sort; self-control under trying circumstances; loyalty to team and camp; subordination of self to team; obedience to officials without protest; clean sport principles.

The physical advantages are many because of the character of the game. Following are a few of them: Alertness, accurate judgment of distance; deep breathing with consequent better lung power; deepening and widening of the chest walls; toning up of the whole muscular system; physical endurance; strengthening of the foot muscles, thereby preventing in many instances tendency to flat foot.

The ball may be the regulation style used indoor or the special outdoor ball; the latter will probably do service for the full season and will not roll as far, which is a decided advantage in a camp court where there are no wall boundaries.

The two posts should be 3 inches thick, 4 inches wide and 16 feet long, 13 feet above ground and sunk 3 feet in ground. The back boards are 6 feet horizontally and 4 feet perpendicularly. The top of the basket is 3 feet from top of board, which is even with top of post, and 10 feet from ground.

The best size field of play for nine players is 60 feet by 90 feet.

The back board should have a number of 1-inch holes bored in it to reduce wind pressure. (See rules regarding adjustment of baskets.)

One pair of baskets should last the full camp season.

See diagrams in this book on how to lay out court; both plans are explained.

The costume best adapted for the game is middie, bloomers and high canvas sneakers or leather shoes with rubber soles.

Whistles, each with different tone, and score book complete the equipment necessary.

Pegs 2 inches square may be driven in the ground, level with the surface, at the intersection of lines; these serve as permanent points from which to stretch cord as a guide for the tennis marker when fresh lines are necessary.

If the pegs are driven in level with the ground they will not interfere with the lawn mower when it is necessary to cut the grass.

If the grounds are to be used also for volley ball, base ball

or other sports, the posts may be set in boxes sunk in the ground, with tops on them to prevent accidents and foreign substances from filling them up.

Interest can be aroused and maintained best by competition in a league.

Teams might be selected by tents or bungalows, by States, by points of the compass—North, South, East and West—table sittings, schools represented, or any other natural division.

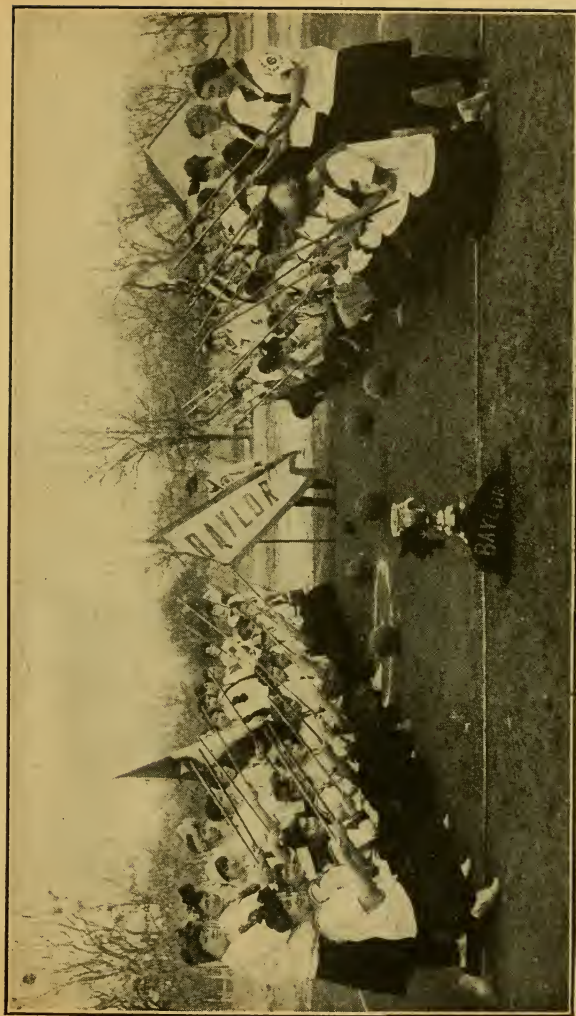
A championship could be held in July and one in August, and the winning teams could play for the camp championship.

A pleasurable evening might be spent by having the losing teams provide a bacon "bat" for the winning team.

If such a plan as the above is followed everyone in camp would have the benefit of the game and provide enthusiasm galore with what may become one of the gala nights of the camp, long to be remembered, and something to recall during the winter months and at the annual reunion.

A small gold engraved basket ball would be a suitable prize for the victorious team and silver for second place.

Surely anyone who has tried basket ball for a summer will say that it is the most delightful and profitable game that camp girls play.



BAYLOR COLLEGE FOR WOMEN, BELTON, TEX.
Four Academy vs. Four College Class Teams.



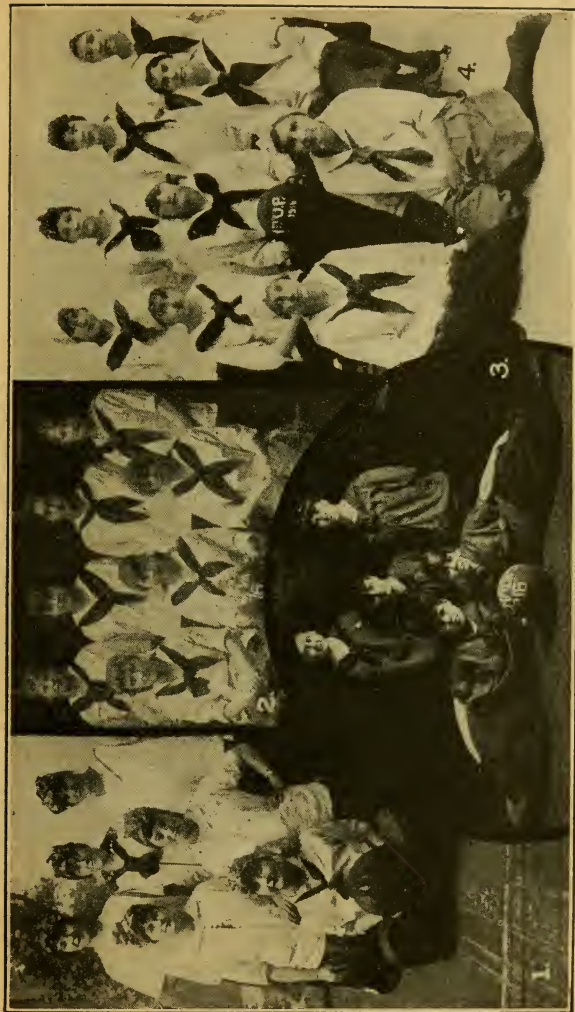
1, SARGENT SCHOOL FOR PHYSICAL EDUCATION, CAMBRIDGE, MASS. 2, CORNELL UNIVERSITY CLASS OF 1918, ITHACA, N. Y.



1, Senior; 2, Sophomore; 3, Freshman.
UNIVERSITY OF COLORADO TEAMS, BOULDER, COLO.



1, HELENA (ARK.) HIGH SCHOOL. 2, MORRILTON (ARK.) HIGH SCHOOL.
3, NASHVILLE (ARK.) STATE HIGH SCHOOL.



1, MILO THEATER TEAM, CLEVELAND, OHIO. 2, WHEELING (W. VA.) HIGH SCHOOL. 3, CHICAGO JUNCTION (OHIO) HIGH SCHOOL. 4, FIRST UNITED PRESBYTERIAN TEAM OF NORTHSIDE, PITTSBURGH, PA.



1, ATLANTA (MO.) HIGH SCHOOL. 2, ZACHARY HIGH SCHOOL, BATON ROUGE, LA. 3, SENIOR AND 4, JUNIOR
TEAMS OF ST. PHILIP'S PAROCHIAL SCHOOL, NEW ORLEANS, LA.



1, BRECKENRIDGE (MINN.) HIGH SCHOOL. 2, ALBERT LEA (MINN.) HIGH SCHOOL. 3, BUFFALO (N. D.) HIGH SCHOOL. 4, BRIDGEWATER (S. D.) HIGH SCHOOL.



1. CHEMAWA (ORE.) INDIAN SCHOOL. 2. BYARS HALL HIGH SCHOOL, COVINGTON, TENN. 3. LAFAYETTE
M. E. SUNDAY SCHOOL TEAM, JERSEY CITY, N. J. 4. GREENVILLE (OHIO) HIGH SCHOOL.



1, RALSTON (PA.) HIGH SCHOOL. 2, FULTON (ARK.) HIGH SCHOOL. 3, GREEN FOREST (ARK.) HIGH SCHOOL. 4, DRYDEN (MICH.) HIGH SCHOOL.



1, EXETER (CAL.) UNION HIGH SCHOOL. 2, LEMOORE (CAL.) UNION HIGH SCHOOL. 3, HANFORD (CAL.) UNION HIGH SCHOOL. 4, MESA (ARIZ.) UNION HIGH SCHOOL.



1, GREENSBORO (N. C.) COLLEGE FOR WOMEN. 2, SAVANNAH (GA.) HIGH SCHOOL. 3, JELICO (TENN.) HIGH SCHOOL. 4, Y. W. C. A. TEAM, ATHENS, GA.



1, LAKEWOOD HIGH SCHOOL, CLEVELAND, OHIO. 2, VERMILION (OHIO) HIGH SCHOOL. 3, YOUNG WOMEN'S PHYSICAL TRAINING CLASS TEAM, BUCYRUS, OHIO. 4. PAULDING (OHIO) HIGH SCHOOL.



1, WEST NANTICOKE (PA.) HIGH SCHOOL. 2, CRESSON (PA.) HIGH SCHOOL. 3, EDINBORO (PA.) STATE NORMAL SCHOOL. 4, TOWER CITY (PA.) HIGH SCHOOL.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING OFFICIAL BASKET BALL

Cover is made in four sections, with capless ends and of finest and most carefully selected pebble grain leather, special tanned. Extra heavy bladder, made especially for this ball, of extra quality pure Para rubber (not compounded). Each ball packed complete, in sealed box, with raw-hide lace and lacing needle, and guaranteed perfect in every detail.

No. M. Spalding Official Basket Ball. Each, \$7.50



WE GUARANTEE this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use. Owing to the superb quality of our No. M Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. SPALDING & BROS.

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ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

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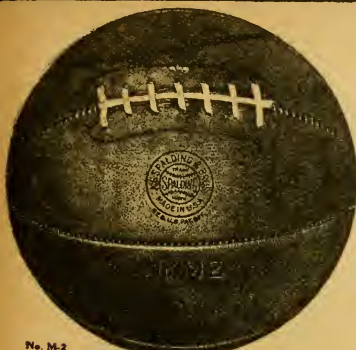
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No. M-2

SPALDING

"SPECIAL" No. M-2 BASKET BALL

No. M-2. Pebble grain leather case. Guaranteed pure Para rubber bladder (not compounded). Complete in box, with rawhide lace and lacing needle. . . . Each, \$6.00



No. H

SPALDING

No. H HORSE HIDE BASKET BALL

No. H. Made from durable pebbled grain leather. Correct in weight and perfect in shape. Each ball complete in box, with guaranteed rubber bladder and lace. . . . Each, \$5.00

SPALDING

"PLAYGROUND" BASKET BALL

No. PGO. Made of pebbled grain leather. Specially protected seams for playground use. Regulation size. Guaranteed bladder. Patent applied for. . . . Each, \$6.00

No. PTO. Good quality leather. Protected seam ball, for playground use. Guaranteed bladder. . . . Each, \$5.00

SPALDING

"PRACTICE" No. 18 BASKET BALL

No. 18. Good quality leather cover. Each ball complete in box, with guaranteed bladder and lace. . . . Each, \$3.50

No. 19. Pebbled leather cover, complete with guaranteed bladder and lace. . . . Each, \$2.50

SPALDING CANVAS HOLDER

No. 01. Useful for teams to carry properly inflated basket ball. . . . Each, \$1.25

SPALDING BLADDERS

Guaranteed Quality

Rubber bladders bearing our Trade-Mark are guaranteed perfect in material and workmanship. Note explanation of guarantee on tag attached to bladder.

No. OM. For Nos. M, M2, H and PGO balls. . . . Each, \$1.50

No. A. For Nos. 18 and 19 balls. 90



No. PGO

SPALDING

BASKET BALL SCORE BOOKS

- No. 1. Paper cover, 10 games. . . . Each, 10c.
- No. 2. Cloth cover, 25 games. . . . " 25c.
- No. A. Collegiate, paper cover, 10 games. " 10c.
- No. B. Collegiate, cloth cover, 25 games. " 25c.
- No. W. For Women. . . . " 25c.
- No. N. For "NEWCOMB." . . . " 25c.

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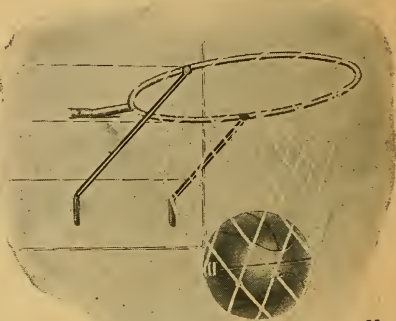


TRADE-MARK

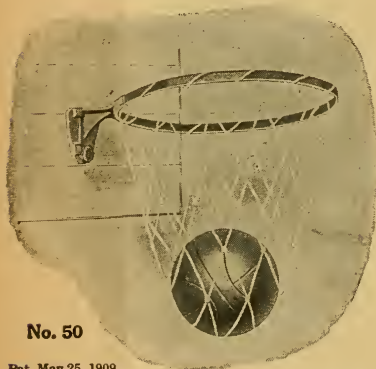
GUARANTEES
QUALITY

SPALDING "OFFICIAL" BASKET BALL GOALS

No. 90. Official Goal. So far as we know this is the only drop-forged goal made. Neither pains nor expense has been spared to make it to withstand the roughest sort of usage and punishment. Will last for years—far beyond the commonly accepted period of guarantee as guarantee is understood. It is, in fact, practically unbreakable. Extra heavy nets. This style should be used in all gymnasiums. . . . Pair, \$5.00



No. 90



No. 50

Pat. May 25, 1909

Spalding Detachable Basket Ball Goal

No. 50. Detached readily from the wall or upright, leaving no obstruction to interfere with other games or with general gymnasium work. Same size basket, and brace same length as on official goals. Pair, \$7.50



Fitting on No. 50 Goals

Spalding Practice Goal

No. 70. Japanned Iron Rings and Brackets. Complete with nets. Pair, \$3.50

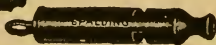
Spalding Nets, Separate, for Goals

Heavy twine; hand knitted; white. The same as supplied with No. 90 Goals. Pr., 50c.

SPALDING BASKET BALL WHISTLES



No. 4



No. 3



No. 7



No. 2

No. 4. Horn Whistle, nickel-plated, made of heavy metal. Each, 75c.
No. 3. Nickel-plated, special deep tone. Each, 25c.

No. 7. Nickel-plated, heavy metal whistle. The most satisfactory and loudest of any. Each, 35c.
No. 2. Reliable; popular design. 25c.

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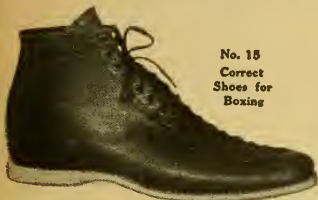


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GUARANTEES
QUALITY

SPALDING GYMNASIUM SHOES

Gymnasium Shoes must be comfortable and easy, yet fit snugly and give the wearer a sure footing—they must also be durable. Spalding Gymnasium Shoes possess all of these good qualities and, in addition, are reasonable in price.



No. 15
Correct
Shoes for
Boxing

No. 15. High cut, kangaroo uppers, genuine elkskin soles. Will not slip on floor; extra light. The correct shoes to wear for boxing. . . Pair, \$5.50



No. 155

No. 155. High cut, elkskin soles, and will not slip on floor; soft and flexible. Pair, \$5.00



No. 148
Bowling
Shoe

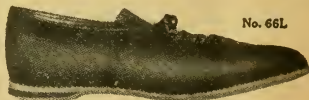
Spalding Special Bowling Shoes

No. 148. For bowling and general gymnasium use. Light drab chrome tanned leather uppers; electric soles. Laces extremely low down. Pr., \$4.00



No. 166

No. 166. Low cut, selected leather, extra light and electric soles; men's sizes only. Pair, \$3.50



No. 66L

No. 66L. Women's. Low cut, extra light, selected leather uppers. Electric soles. Pair, \$3.50



No. 21

No. 21. High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible. Pair, \$3.00



No. 20

No. 20. Low cut, otherwise as No. 21. Sewed and turned shoes. Pair, \$2.50
No. 20L. Women's. Otherwise as No. 20. Sewed and turned shoes. Pair, \$2.50

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SPALDING BASKET BALL SHOES



No. AB

No. AB. High cut, drab calf, Blucher cut; heavy red rubber suction soles, superior quality

Pair \$5.00



No. BBL

No. BBL. Women's. High cut, black chrome leather, good quality red rubber suction soles. Pair, \$4.50



Spalding Special Canvas Top Basket Ball Shoes

Special quality soft rubber soles. These soles absolutely hold on the most slippery floor. Light weight, durable, correct in design. Sizes 5 to 11 only No other sizes.

No. P. Pair, \$3.25 ★ \$36.00 Dozen pairs.

On orders for five pairs or more, price in italics, preceded by ★, will apply.



No. P

SPECIAL NOTICE—In a game like basket ball, which is played generally on board floors, there is a strain on the feet altogether different from that in almost any other athletic game, and to support this strain, properly made shoes with leather uppers and correctly shaped soles are absolutely necessary. It is a fact that players on many teams wear canvas top shoes and we supply in our No. P shoes, listed below, absolutely the best canvas top basket ball shoes ever made, and the same style as worn by some very successful teams, but from our long experience in catering to athletes and watching closely, as we have done, the development of basket ball and its effects on the physical condition of players, we cannot consistently recommend canvas top shoes for any athletic use and especially not for basket ball.



SPALDING GYMNASIUM SUITS

Carefully made of best materials, durable, comfortable and correct in design.

Spalding Gymnasium Uniforms are used extensively by women's colleges, schools, Y. W. C. A.'s, clubs, etc.

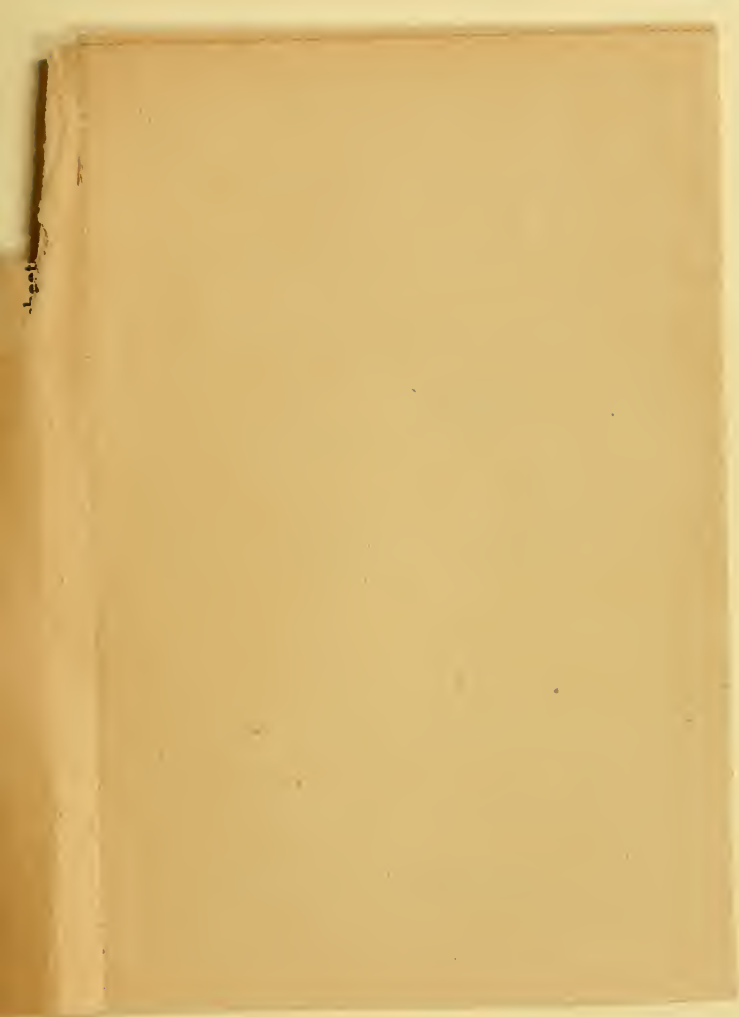
For Prices on Gymnasium Suits for Women, Write to any Spalding Store.
(See List of Addresses on Inside Front Cover.)

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A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
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STANDARD QUALITY

An article that is universally given the appellation "Standard" is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for forty years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

STANDARD POLICY

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality. To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive, high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, 17 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST.—The user is assured of genuine Official Standard Athletic Goods.

SECOND.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past 17 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

BASKET BALL TECHNIQUE

It is suggested that this book

A quick reference during a game.

FOULS

PENALTY

CALLED BY

GUARDING FOULS:

1. Guarding over opponent.
2. Guarding around opponent.
3. Guarding with one hand touching ball.
4. Guarding with two hands at the wall.
5. Boxing up (two players guarding an opponent who is trying for basket, one in front, one in back).
6. Holding, tackling or pushing of opponent, with or without the ball.
7. Waving hand or hands in face of player who is tossing for goal.

LINE FOULS:

1. Touching the field line or ground beyond with any part of the body or clothing.
2. Player having free throw crossing 15-foot line before ball has passed through or missed the basket.
3. Player crossing 6-foot line before ball has passed through or missed the basket (in free throw).

FOULS WITH THE BALL:

1. Ball must be thrown within 3 seconds after it is caught.
2. Double dribble; bouncing ball lower than knee.
3. Snatching or batting ball from an opponent's hand.
4. Kicking or striking the ball.
5. More than one player of each team putting her hands on the ball.
6. Running with the ball.
7. Handing, bouncing or rolling ball to another player.
8. Throwing ball from kneeling or lying position.
9. Juggling ball (tossing ball in air and recatching).
10. Neither of players jumping may catch the ball until it has touched the floor or been played by some other [player].

GENERAL FOULS:

1. Only the Captain shall address officials.
2. Players jumping for ball must stand with both feet together and within two feet of each other (except in centre).
3. Shouldering, pushing, tripping, striking, kicking or intentional or unnecessary roughness.
4. Any derogatory remarks to officials.
5. Coaching from the side lines by anyone officially connected with teams.
6. Any persistent or intentional delay of the game. (After falling down, taking position for "tie ball," jump, etc.)

A free throw shall be awarded side fouled against.

Referee or Umpire.

Note: New ruling for penalty of line foul.

1. New Rule: The ball shall be given to the opposite side.
2. Goal, if made, does not count. If missed, ball is dead.
3. If foul is made by a guard—another free throw awarded. If made by same side, or one from each side—goal does not count.

Referee, Umpire, Linesman.

Referee.

1 to 9—Referee or Umpire
10—Referee.

A free throw shall be awarded to side fouled against.

New Rule.

A player who makes any foul four times shall be disqualified.

NOTE:

Players may be disqualified for shouldering, striking, kicking, tripping, or unnecessary rough play.

1, 2, 4, 5, 6—Referee.
3—Referee or Umpire.

SCORING RULES

1. A goal made from the field shall count 2 points.
2. A goal made from a foul shall count 1 point.
3. Three guarding fouls at basket gives 1 point to opponents.
4. If basket or ball is touched by an opponent when the ball is on the edge of basket—1 point.
5. A goal counts if whistle is blown when ball is in the air—except as specified in following rule.
6. A goal thrown before whistle can be blown for a foul made by team throwing it—shall not count.
7. A goal made from out of bounds shall not count.
8. In case of a tie, the game shall continue until either side has made 2 additional points (no change of baskets).
9. If player of same team oversteps 6-foot line (in free throw) the goal, if made, does not count.
10. If player from each side crosses 6-foot line (in free throw) the goal, if made, does not count.
11. If player having free throw crosses 15-foot line before ball has entered or missed basket, goal, if made, shall not count. If missed, ball is dead.
12. If game is won by default the score shall be 2 to 0.

ANOTHER THROW FOR SAME SIDE.

1. If opponent oversteps 6-foot line.*
2. If one of opposite team interferes with player making free throw.
3. If player is interfered with in returning the ball from out of bounds.
4. If spectators interfere with player making a free throw.

*In free throw

VIOLATIONS WHICH GIVE BALL TO OTHER SIDE.

1. If ball is out of bounds, it is given to opponent of girl last touching it.
2. If ball is played first in bounds by girl who returned it from outside.
3. If player steps over line when throwing in from out of bounds.
4. If ball is not thrown in from out of bounds at a point on a line drawn at right angles to boundary line at point where ball crossed it to an opponent outside.
5. If ball is batted out of bounds by one centre, in jumping, it is given to an opponent outside.
6. If player holds ball more than 5 seconds out of bounds.
7. Player landing with one foot over boundary line may withdraw foot immediately and play, but if inside foot is carried out, the ball shall be given to an opponent.
8. Touching field line or ground beyond with any part of body or clothing.

RULES FOR "OUT OF BOUNDS" BALLS AND PLAYS.

NOTE: A ball is out of bounds when it has completely crossed the b line.

1. A player may hold the ball for 5 seconds out of bounds.
2. If ball is out of bounds when "time" is called, play shall be resumed at the whistle of the referee just as if "time" had not been called.
3. If ball is out of bounds, it is given to opponent of player last touching it.
4. If ball is played first in bounds by player who returned it from outside, it is given to her opponent at the same spot outside.
5. If player oversteps line when throwing in from out of bounds, the ball is given to her opponent at the same spot outside.
6. If ball is not thrown in at a point on a line drawn at right angles to boundary line at point where ball crossed it, an opponent shall have it.
7. If ball is batted out of bounds by one centre, in jumping, it is given to an opponent outside.
8. If the ball is batted out of bounds by both centres, the ball is thrown up between them again at the point where ball left field.
9. In case of doubt as to which side touched out of bounds ball last, it shall be tossed up 5 feet within the boundary line.
10. All guarding must be done inside of the boundary line.

THE BALL IS THROWN UP BETWEEN PLAYERS.

1. When ball is put in play in the centre.
2. If ball is batted out of bounds by both jumping centres, the ball is thrown up between them again, where it left the field.
3. "Tie ball" (2 players having both hands on ball at same instant).
4. If ball is in bounds when "time" is called, it is tossed up between players nearest the spot when "time" was called.
5. If ball is held tie between centre and guard, or forward, the ball is tossed up between the centre and her centre opponent.
6. In case of a doubt as to which side touched the ball last in "out of bounds" it is tossed up 5 feet within the boundary line.
7. In case of doubt as to which player had two hands on the ball first, it is tossed up between the players in question.

RULE: The ball must be batted—not caught.

It must touch the floor or be played first by some other player than those jumping.

THE BALL IS DEAD.

1. After every field goal.
2. After single free throw made.
3. After double free throw on opposite sides, missed or made.
4. After double free throw (if both on same side and second goal is made).
5. At the beginning of the second half.
6. If ball is thrown to person instead of basket (in free throw) and a goal is missed or made, the ball shall be dead.
7. If player from either or both sides oversteps 6-foot line (in free throw) the ball shall be dead, whether the goal is missed or made.
8. If the score is tied at the end of the game.

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